

Tofu-Stuffed Manicotti

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NUTRITION FACTS

Serving Size:

Serves 4-6

Per Serving:

Calories: 350 Carbohydrates: 37g

Fat: 15g Protein: 17g

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

INGREDIENTS

Filling

- 1 (14-ounce) block firm tofu, pressed and crumbled
- 2 cups fresh spinach, chopped
- 1/4 cup nutritional yeast
- 2 tablespoons fresh basil, chopped (or 1 teaspoon dried basil)
- 2 tablespoons fresh parsley, chopped (optional)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

"Cheese" Sauce

- 2 tablespoons vegan butter or soybean (vegetable) oil
- 3 tablespoons all-purpose flour (or gluten-free flour for a GF version)
- 2 cups unsweetened soymilk
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder
- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon turmeric (for a cheesy color, optional)

For Assembly

- 12 manicotti shells, cooked al dente
- 2 cups marinara sauce

DIRECTIONS

1. Prepare the Filling:

- In a mixing bowl, combine crumbled tofu, chopped spinach, nutritional yeast, basil, parsley (if using), garlic powder, onion powder, salt, and pepper. Mix until well combined. Adjust seasoning as needed.

2. Make the "Cheese" Sauce:

- In a medium saucepan, melt the vegan butter or oil over medium heat. Add the flour and whisk continuously for 1-2 minutes to form a roux.
- Gradually add the soymilk, whisking constantly to avoid lumps. Cook for 4-5 minutes, stirring, until the sauce thickens.
- Stir in nutritional yeast, garlic powder, salt, and turmeric (if using). Taste and adjust seasoning if needed.

3. Stuff the Manicotti:

- Using a spoon or piping bag, stuff the cooked manicotti shells with the tofu-spinach mixture.

4. Assemble the Dish:

- Preheat your oven to 375°F (190°C).
- Spread 1 cup of marinara sauce evenly on the bottom of a 9x13-inch baking dish.
- Arrange the stuffed manicotti shells in a single layer over the marinara.
- Pour the remaining marinara sauce over the shells, then drizzle with the "cheese" sauce.

5. Bake:

- Cover the dish with foil and bake for 20 minutes. Remove the foil and bake for an additional 10 minutes, or until bubbling and lightly golden on top.

6. Serve:

- Garnish with fresh basil or parsley and serve hot. Enjoy your creamy, comforting vegan manicotti!