

Stuffed Shells with Tofu Ricotta

Serves 4-6

Time 50 minutes

Vegan

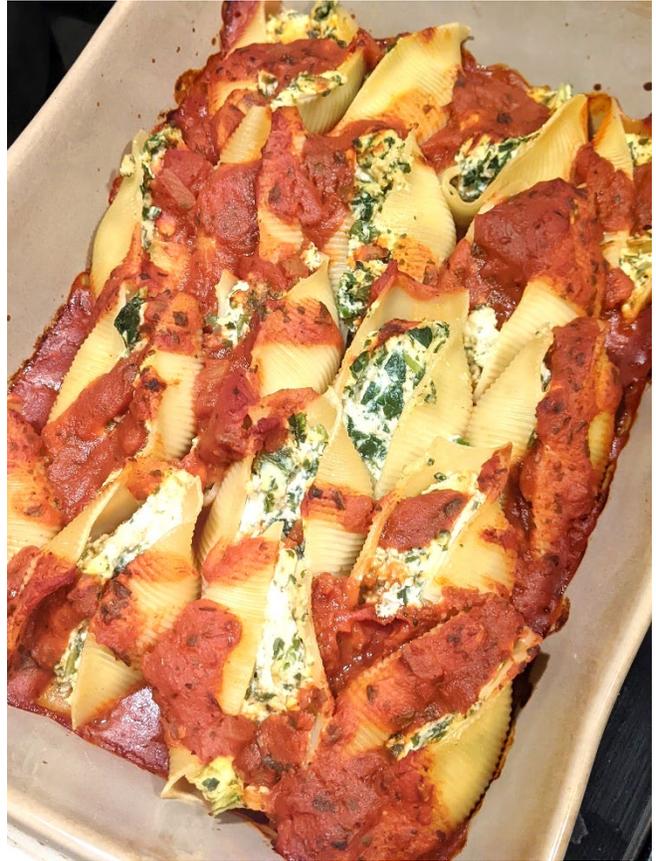
Common Allergens Soy, wheat, check labels

Ingredients

- About 20 jumbo pasta shells
- 14 ounce container extra firm or firm tofu, drained
- ¼ cup + 1 tablespoon extra virgin olive oil
- ¼ cup lemon juice (juice of about 2 lemons)
- 3 tablespoons nutritional yeast
- 1 tablespoon dried oregano
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 ½ cups frozen spinach, thawed (about 5 oz)
- Optional: ½ cup fresh basil
- 24 ounce jar marinara sauce

Notes

- Make ahead: Tofu ricotta can be made 1-2 days ahead. You can also put together the whole dish and bake it 1-2 days later.



Instructions

1. Preheat oven to 350°F.
2. Cook pasta according to package but add 1-2 teaspoons olive oil to water. Drain and toss with 1 teaspoon olive oil.
3. Make tofu ricotta by combining tofu, remaining ¼ cup olive oil, lemon juice, nutritional yeast, oregano, salt, and pepper in a food processor. Pulse until just combined but not pureed smooth. Add spinach and basil, if using, and pulse a couple of times.
4. In a 9x13 inch casserole dish, pour about half of the marinara sauce to coat the bottom. Fill each shell generously with tofu ricotta and place on top of the marinara, open side up. Drizzle the rest of the marinara over the filled shells.
5. Cover with foil and bake for 25-30 minutes until warm. If desired, garnish with fresh basil or parmesan cheese.