



BE HEALTHY & SPREAD THE LOVE

DAIRY-FREE STUFFED SHELLS

SERVES 4-6 (20-24 SHELLS)

INGREDIENTS:

- 1 15-oz. package SoyBoy Extra Firm Tofu
- 2 Tbs olive oil
- 1 Tbs Table Salt
- 2 Tbs Fresh Oregano, finely chopped
- 2 Cloves Garlic, minced
- 1 Tbs Nutritional Yeast
- 10 Ounces Frozen Spinach, defrosted
- 1 Box Jumbo Shells (gluten-free if preferred)
- 1 Jar Marinara Sauce
- 1 Cup your preferred dairy-free mozzarella "cheese"

PROCEDURE:

Thoroughly drain the tofu. Remove from package, wrap in 2 sheets of paper towel, put on a plate, and set a heavy plate on top of the block to press out all of the excess water. This will take about 10-15 minutes.

Break tofu into chunks and place in a blender or food processor with olive oil, garlic, oregano, salt, and nutritional yeast. Blend until texture mimics that of ricotta.

Stir spinach into tofu mixture.

Prepare shells until cooked $\frac{2}{3}$ of the way through, or very al dente, and drain.

Pour half of the pasta sauce into a Pyrex baking dish. Add 2-3 Tbs. filling to each shell and place in pan. Then pour remaining sauce over stuffed shells.

Cover with foil and bake at 350 degrees for 25 minutes.

Remove foil and sprinkle shells with dairy-free cheese. Bake uncovered for 5 more minutes. Serve piping hot!

HINTS:

Make this recipe gluten-free by using gluten-free pasta, like Tinkyada's brown-rice Grand Shells or quinoa/corn shells from Ancient Harvest.

For best results, be sure to drain and dry your tofu well. Don't skip this step!

Dried oregano works, too; just use more sparingly.

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