

**Meatless! Veggie Stuffed Manicotti & Garlic Bread** ~ choose one side item to complete your meal

**Veggie Stuffed Manicotti**

4 servings

- 8 Manicotti shells, dry
- 16 oz Tofu, soft or silken
- 1 tsp Fresh oregano, minced
- ¼ tsp Ground thyme
- 2 tsp Fresh basil, minced
- 2 cloves Fresh garlic, minced
- 1/3 cup Fresh parsley, minced
- ¼ tsp Black pepper
- 2 ½ cups Italian marinara (meatless) sauce



Preheat oven to 375 degrees. Cook pasta according to package instructions. Drain well. Set aside so that manicotti is not touching. In mixing bowl, combine all remaining ingredients except marinara sauce. Stuff manicotti noodles with filling and place in an 8 x 8 inch baking dish sprayed lightly with cooking spray. Pour marinara sauce over the top and bake 30 minutes, until sauce is very hot.

**Manicotti Recipe Nutrition per serving**

232 calories; 10 gm protein; 33 gm carbohydrate; 8 gm total fat; 1 gm saturated fat; 0 trans fat; 0 cholesterol; 3 gm fiber; 796 mg sodium

**Manicotti on sale**

**Italian Marinara pasta sauce on sale**

**Black pepper on sale**

**Kaiser rolls on sale**

**To Make Garlic Bread:** Slice Kaiser Rolls in half lengthwise. Spread very lightly with butter or margarine. Sprinkle with garlic powder. Bake open-face or wrap in aluminum foil and bake until hot and crispy.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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