



**Meatless! Veggie Stuffed Manicotti & Simple Tossed Salad** ~ choose one side item to complete your meal



**Veggie Stuffed Manicotti**

4 servings

8 oz	Manicotti pasta, dry	1/3 cup	Parsley, minced
1 lb	Soft or silken tofu	1/4 tsp	Black pepper
1 tsp	Fresh oregano, minced	1 cup	Marinara tomato sauce
1/2 tsp	Fresh thyme, minced	1 cup	Tomato sauce, no salt added type
2 tsp	Fresh basil, minced		
2 cloves	Garlic, minced	1/4 cup	Parmesan cheese, grated

Preheat oven to 375 degrees. Cook manicotti pasta (large tubes) according to package directions. Set aside so that cooked manicotti are not touching. In a medium mixing bowl combine all other ingredients except marinara sauce. Stuff manicotti with filling and place in a 9 x 9 inch baking dish that is sprayed lightly with cooking spray. Pour the marinara sauce over top of manicotti and bake 30 minutes, until sauce is very hot. Sprinkle with Parmesan cheese just before serving. **Note: Fresh herbs in this recipe may be replaced with dried herbs. If doing this, reduce the amount of each herb by one half.**

- Marinara sauce on sale**
- Grated Parmesan cheese on sale**
- Fresh bagged salad on sale**

- Fresh grape tomatoes on sale**
- Fresh mushrooms on sale**
- Fresh limes on sale**

**Manicotti Recipe Nutrition per serving**

230 calories; 12 gm protein; 31 gm carbohydrate; 7 gm total fat; 2 gm saturated fat; 0 trans fat; 4 mg cholesterol; 2 gm fiber; 486 mg sodium

**To Make Simple Tossed Salad:** Place about one cup of bagged salad greens on each salad plate. Wash fresh grape tomatoes and mushrooms. Top greens with tomatoes and mushrooms. Dress with olive oil and fresh lime juice or light salad dressing.

**Side Items:**

**1. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli  
To Make: Get out a cutting board and knife and chop up 1/2 small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.  
**Note: For a change of flavor, replace onions with the juice of a fresh lemon or lime.**

**2. Lightly Sautéed 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 2-6 minutes longer. When greens wilt, test for tenderness. The heavier greens take longer to become tender. Dust with salt & pepper to taste.

**3. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.  
To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.