



Vegan Stuffed Shells with Cauliflower Ricotta & Kale

Ingredients

For Ricotta:

- 3 c. (about 2 heads) of roasted cauliflower
- 8 oz. firm tofu, drained
- 1/4 c. nutritional yeast
- 1/2 c. unsweetened almond milk
- 1 teaspoon white wine vinegar
- 2 tablespoons fresh lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- salt & pepper, to taste

For Shells:

- 18 jumbo shells
- 2-3 c. favorite marinara
- 5 c. fresh kale leaves (stems removed) chopped well

Directions

- Cut cauliflower into smaller pieces and roast at 350 degrees for about 20 minutes (optional, toss in olive oil and salt lightly before roasting)
- blend all ricotta ingredients until ricotta consistency- can use a large food processor and salt & pepper to taste
- sauté kale in about a tsp of olive oil until soft. I added a little bit of fresh lemon to the kale for flavor and I plan to also add some sautéed garlic next time. Stir into ricotta mixture
- boil shells according to package directions and let cool slightly
- coat the bottom of a 9X13" pan with some marinara
- fill shells evenly with mixture, don't pack together too tightly and top with a bit more marinara
- Bake at 350 degrees for 25-30 minutes and ENJOY!