

Tofu Manicotti

(Makes 6 servings)

Ingredients:

- 12 manicotti shells (8 ounces), preferably whole wheat
- One 12.3 ounce container light silken tofu, drained and mashed
- ¼ cup egg substitute
- One 15 ounce container reduced-fat ricotta cheese
- One 10 ounce package frozen chopped spinach, thawed and well drained
- 1 ½ cups grated fat-free mozzarella cheese
- ¼ cup chopped fresh basil, or 2 tablespoons dried
- 3 cups tomato sauce
- 2 tablespoons freshly grated Parmesan cheese

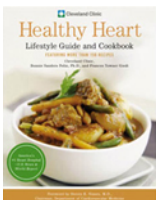
Directions:

- 1) Preheat oven to 350 degrees.
- 2) Boil the manicotti shells according to package directions. Drain and set aside to cool.
- 3) Combine the tofu, egg substitute, ricotta, spinach, mozzarella, and basil in a bowl. Stir until just combined. Pour 2 cups of the tomato sauce into a 13 x 9 x 2 baking dish. Carefully stuff the manicotti shells with the tofu mixture and arrange in the dish. Top with the remaining tomato sauce. (The shells can be made up to one day ahead, covered with aluminum foil, and refrigerated until ready to bake).
- 4) Cover with aluminum foil and bake for 25 minutes. Uncover, sprinkle with Parmesan cheese, and bake for 5 minutes, or until the cheese has melted. (If refrigerated, bake, covered for 50 minutes before sprinkling with Parmesan). Allow the manicotti to rest for 5 minutes before serving.

Nutritional Analysis: (per serving)


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| ▪ Calories: 340 | ▪ Sodium: 447 mg |
| ▪ Total Fat: 4 g | ▪ Total Fiber: 5 g |
| ▪ Saturated Fat: 2 g | ▪ Protein: 29 g |
| ▪ Cholesterol: 24 mg | ▪ Carbohydrates: 45 g |

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books). The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program  *This recipe has been modified to meet Go! Foods® criteria.*