



# CUPID'S CANNELLONI

SERVES 4

Ever heard that the way to the heart is through the stomach? Well, this baked pasta may just be the best example of that. Simple, mostly plant based, ingredients deliver a heart healthy meal fit for a romantic valentine date or just your usual weeknight dinner.

## INGREDIENTS

### SAUCE

680 ml Pasta or Marinara Sauce  
375 ml water

### FILLING & PASTA

1 tsp olive oil  
1/2 cup frozen spinach  
1/2 cup diced onion  
1 Tbsp dried parsley  
1 tsp dried basil  
1/2 tsp dried oregano  
1/4 tsp paprika  
salt & pepper to taste  
2 eggs  
396 g medium tofu, drain & pat dry  
1/4 cup parmesan cheese  
16 oven ready cannelloni shells

### GARNISH

1/2 c grated mozzarella cheese

**Suggestion:** you can swap the spinach for mushroom if you like and spice it up a bit with 1/4 tsp of red pepper flakes if you like it hot.

## DIRECTIONS

Pre-heat oven to 350 degrees. Spray a 9x13 baking dish with non-stick spray or oil (using a mister).

Mix sauce and water until blended. Spread ~3/4 cup of the thinned sauce on the bottom of the prepared dish. Set aside.

In a sautee pan, heat oil. Add the onion and spinach. Sautee until onions are softened. Add the spices, stir to combine. Remove from heat and let cool.

In a mixing bowl, lightly beat the eggs with a fork, crumble the tofu into the eggs and stir in the parmesan cheese. Stir in the sauteed seasoned vegetables.

Stuff each cannelloni shell with the filling: hold one end of the cannelloni shell against the palm of your hand and stuff the other end with the filling using a teaspoon. You may need to use your finger to gently pack the filling to remove air pockets. Arrange stuffed shells in the prepared baking dish in two rows of 8.

Top with remaining pasta sauce, sprinkle with mozzarella and cover with foil. Bake for 30-40 minutes removing foil for last 5 minutes.

## NUTRITION FACTS

Per 4 Cannelloni & sauce : 448 Calories, 26g Pro, 50g Carbs, 5g Fibre, 16g Fat

