

A Fast-Friendly RECIPE from ByziMom.com!

# Stuffed Shells



*This is a delicious, versatile, and easy casserole to have for special occasions that come up during a fast!*

## Ingredients

- 1 cup raw cashews, soaked overnight, then drained, if you can
- 2 cloves of garlic
- 3 Tbsp lemon juice
- 2 Tbsp nutritional yeast
- ½ tsp salt
- Dash of black pepper
- 1 block of extra firm tofu, drained
- 1 medium onion, peeled and finely diced
- ½ cup finely chopped fresh parsley, basil or other herbs, as desired.
- 1 lb box of Jumbo Shells (or Lasagne Noodles), boiled and drained
- 1 quart of your favorite pasta sauce.

## Preparation

Boil and drain your pasta and allow to cool as you prepare the filling. In a skillet over medium high heat, sauté the onion in a tablespoon of water until translucent and just beginning to brown, then remove from heat and transfer to your food processor or blender, along with the garlic, lemon juice, yeast, salt and pepper, tofu and parsley, and mix well. Add salt and pepper to taste.

Pour 1/3 of the pasta sauce into a pyrex baking pan. Begin to stuff your shells, placing them in a single layer in the sauce. Once they are all stuffed, place one spoonful of the mozzarella sauce on top of each shell. Pour the rest of the pasta sauce over the entire casserole and bake, uncovered at 350 degrees for one hour.

Garnish with more chopped parsley or basil before serving.

## Variations

**To make Lasagne:** substitute lasagne noodles, and layer the casserole as usual, beginning with the pasta sauce, then a layer of noodles, a layer of ricotta, a layer of mozzarella, then repeat, starting again with the sauce. You can add extra layers of sautéed vegetables like spinach, mushrooms, or zucchini if you like, as well.

**To make Eggplant Rollatini:** Just swap out the noodles and bring in some peeled eggplant (or even zucchini!), thinly sliced lengthwise and salted for about half an hour or so to release some of the moisture. Just place each slice on a towel-lined baking sheet and salt each side liberally. Place another baking sheet on top, then a heavy skillet or other object on top of that, to add some weight. In about half an hour you will see the moisture has come out of the slices and they become pliable. Rinse off the excess salt and use as you would lasagne noodles, make rollatini by spreading the filling onto a slice of eggplant and rolling it up! Place each slice in the pan and top each one with a spoonful of mozzarella, then the rest of the sauce, and bake, just as you would the shells.

**To make Stuffed Portabellas:** You can use the large caps, or even some smaller ones for this recipe. Brush and clean the gills from the mushrooms and remove their stems. (Don't waste the stems! You can chop them and add them to the onions in the skillet when you prepare the filling!) Stuff the caps and place them into the baking pan. Spoon the mozzarella over the top before baking; the tomato sauce is optional.

**To make Chili Rellenos:** You can add a little chopped jalapeno and some taco seasoning to the sautéed onions in the Cashew Ricotta filling (or not...your call!). Stuff halves of pablano peppers and cover with a dollop of Cashew Mozzarella and a bit of prepared salsa instead of the pasta sauce. Bake as usual.