

Edible Perspective

6.19.13

Vegan Caprese Baked Pasta gluten-free, vegan // yields 4 servings

- 8-10 oz spaghetti noodles, *gluten-free if needed - I like [Lundberg's](#)*
 - 5-6 cups thick [marinara sauce](#), *if using that recipe double it*
 - 1, 14oz package extra firm tofu, drained
 - 1 clove garlic
 - 1 tablespoon tahini, *or cashew butter*
 - 1 tablespoon nutritional yeast
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 large tomato, sliced
 - handful of basil, *chopped*
1. Preheat your oven to 350* F.
 2. Slice the tofu into 4 slabs and gently squeeze each between a dry kitchen towel to remove some of the moisture.
 3. Place garlic clove in your large food processor and turn on to chop. Scrape the sides of the bowl.
 4. Add in the tofu, tahini, nutritional yeast, salt, and pepper and turn the processor on for about 15-20 seconds until fully combined and paste-like.
 5. Coat the bottom of a 10-12-inch oven-safe pan with marinara sauce. *~1 1/2 cups of sauce*
 6. Gather half of the spaghetti noodles and break them in half then spread in an even layer over the sauce.
 7. Cover with another layer of sauce, then spread the other half of the noodles.
 8. Add one more layer of sauce with a little extra on this layer, making sure the pasta is fully covered.
 9. Form small patties with the tofu mixture [about 1/2-inch thick and 2-inches wide] and place directly on top of the sauce filling up the pan. *The tofu mixture is very soft/mushy and will stick to your hands. It's fine if they're not all uniform.*
 10. Cover with foil and bake for 20 minutes, then remove the foil and bake uncovered for 10-20 minutes longer, until the pasta is tender and the tofu is starting to brown on top. *Mine took 35 minutes total.*
 11. Remove from the oven and set your broiler on low.
 12. Place the tomato slices over top and then place under the broiler for about 2-5 minutes until the tofu turns a light golden brown.
 13. Remove from the oven, top with basil, and serve hot.

notes/substitutions: Every time I make marinara sauce it's loosely based off the recipe linked above. Sometimes I throw fresh herbs in the mix, sometimes I use fire roasted tomatoes, etc. It has yet to disappoint. For this rendition: I used 2, 48oz cans of tomatoes [1 fire roasted, 1 whole peeled] and included all of the liquid instead of draining. I also used about 1/4 cup of tomato paste, dried basil + oregano, and fresh parsley [salt, pepper, sugar per the recipe]. I let everything simmer for 1 ½ hours and gently mashed it with a potato masher. If you have neither tahini or cashew butter I

would recommend 2 teaspoons of olive oil instead.