

Pasta with freshly made marinara, tofu “meatballs”, and homemade vegan Parmesan

Serves 4-6

Ingredients

- 1 lb. of your favorite pasta

Vegan Parmesan*

- ¾ cup walnuts
- ¼ cup nutritional yeast
- ¼ tsp. salt
- ¼ tsp. garlic powder

Tofu meatballs

- 1 lb. firm or extra firm tofu, pressed (place tofu between two kitchen towels, top with a heavy object, and let sit for about 30 minutes)
- 1 tbsp. fresh oregano
- 1 tbsp. fresh rosemary
- 2 tsp. dried basil
- ¼ cup panko breadcrumbs
- ¼ cup + 2 tbsp. vegan Parmesan, divided use*
- 1 chia egg (dissolve 1 tbsp. chia seeds in 3 tbsp. water. Let sit for about 10 minutes, or until thick and gelatinous)
- Salt and pepper to taste
- ¼ cup flour
- 3-4 tbsp. olive oil, for frying

Homemade marinara

- 2 tbsp. olive oil
- 1 medium onion, chopped small
- 1 tbsp. minced fresh garlic
- Between ½ and ¾ tsp. red pepper flakes (more or less to taste)
- 1 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh oregano
- 2 tsp. chopped fresh thyme
- 2 tsp. dried basil
- 28-oz. can petite diced tomatoes
- ½ cup chopped oil-marinated sun-dried tomatoes
- 1 tbsp. sugar
- 1 tbsp. red wine vinegar
- Salt and pepper

Directions

- 1) For the Parmesan: pulse together all ingredients in food processor until a coarse power-like consistency is attained.
- 2) For the tofu meatballs: preheat the oven to 325 degrees. Line a baking sheet with parchment paper. In food processor, combine pressed tofu, oregano, rosemary, basil,



panko, ¼ cup of the vegan Parmesan, and chia egg. Pulse until thick and smooth (it should look like ricotta cheese). Season with salt and pepper to taste. In a medium bowl, combine remaining 2 tbsp. vegan Parmesan and flour. Form the tofu mixture into balls (roughly 2 tbsp. each) and roll in Parmesan-flour mixture. Heat up the oil in a medium sauté pan. To see if it's hot enough, drop a pinch of flour into the oil and make sure it sizzles but doesn't burn. Add the tofu meatballs and cook for about 3-4 minutes, turning occasionally, until golden brown on all sides. Place on prepared baking sheet and bake at 325 degrees for 10-15 minutes, or until heated through.

- 3) Meanwhile, make the marinara: heat up the oil with the garlic, onions, and red pepper flakes and cook for just a few minutes, or until the onion is softened and translucent. Add remaining ingredients and bring to a boil. Reduce to a simmer and cook for 10-15 minutes, or until heated through. While you're waiting for the sauce to cook, prepare the pasta according to package directions, or until al dente.
- 4) Top pasta with marinara, tofu "meatballs", and sprinkle with vegan Parmesan. Buon appetito!