

# Manicotti with Macadamia Ricotta Filling and Cherry Tomato Marinara

You can homogenize your own nuts for this recipe, but try a thick, raw Cashew-Macadamia Nut butter. Recipe is from [www.gliving/greenchefs.com](http://www.gliving/greenchefs.com) by Vanessa Sherwood. Serves about 4.

2 cups	raw Cashew-Macadamia nut butter, thick
2 tsp.	Mellow White Miso
5 cloves	garlic, minced
1 tbsp.	fresh basil
1 tbsp.	fresh oregano
1 tbsp.	onion powder
1 cup	spinach, shredded
1 1/2 tsp.	Himalayan Crystal salt
2 1/2 cups	Cherry tomatoes, halved
1/2 cup	Sun Dried tomatoes, soaked
2 tbsp.	olive oil
2 tsp.	dried oregano
2 tsp.	dried basil
2 tsp.	Agave syrup
2 - 3 large	zucchini

1. Place nut butter in food processor with miso, 4 cloves garlic, fresh basil and oregano, onion powder, and 1/2 tsp. salt. Process until smooth. Transfer to a bowl and add spinach and stir.
2. Slice zucchini into paper thin strips about 6 inches long. Take 3 strips zucchini and overlap them, making a wider sheet to work with. It should be about 3X6 inches. Make as many as you can until you use up the zucchini. Spoon 2-3 tbsp. of ricotta mixture onto zucchini slices and roll them up.
3. Make marinara by placing tomatoes, olive oil, 1 clove garlic, dried oregano and basil, agave, and 1tsp. salt onto food processor and process until smooth.
4. Spread marinara sauce on plate and top with 2 manicottis.

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# Shopping List

Manicotti with Macadamia Ricotta Filling and Cherry Tomato Marinara

Ingredients	Wieght or Volume	PLU #
raw Cashew-		
Macadamia nut butter, thick	2 cups	_____
Mellow White Miso	2 tsp.	_____
garlic, minced	5 cloves	_____
fresh basil	1 tbsp.	_____
fresh oregano	1 tbsp.	_____
onion powder	1 tbsp.	_____
spinach, shredded	1 cup	_____
Himalayan Crystal salt	1 1/2 tsp.	_____
Cherry tomatoes, halved	2 1/2 cups	_____
Sun Dried tomatoes, soaked	1/2 cup	_____
olive oil	2 tbsp.	_____
dried oregano	2 tsp.	_____
dried basil	2 tsp.	_____
Agave syrup	2 tsp.	_____
zucchini	2 - 3 large	_____

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dried oregano	2 tsp.
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Agave syrup	2 tsp.
zucchini	2 - 3 large