

## Gluten-free Manicotti or "Gee I miss manicotti said the gluten-free vegetarian"

### Ingredients:

2 tablespoons extra-virgin olive oil

2 small cloves of garlic

¼ cup red onion, chopped

1 large head of broccoli, chopped

1 jar organic gluten-free tomato basil marinara (or your favorite brand)

Pinch kosher salt

½ teaspoon freshly cracked black pepper

¼ teaspoon fennel

Pinch ground cayenne pepper

1 tablespoon dried oregano

2 tablespoons fresh basil, chopped or chiffonade (that just means you roll all the basil leaves together long ways and slice-don't feel bad if you didn't know that, I had to you tube it!)

1 Package of whole grain gluten-free ziti

Fresh spinach, few large bunches or one big bag-I prefer organic for spinach since spinach is on ewg.org "dirty dozen" list meaning non-organic spinach contains a lot of pesticide

Ricotta cheese

Mozzarella and Parmesan cheese, shredded

### Directions:

This recipe, like most of my recipes, was created one night when I was hungry (what's new) and craving manicotti. I have yet to find gluten-free manicotti so I created the next best thing. I like making my own spaghetti or marinara sauce but sometimes don't have the time or ingredients so I always like to have good marinara in my pantry just in case.

Sauté garlic and onions in olive oil in a large skillet. Add the broccoli and cook until it is slightly softened. Add the marinara sauce, salt, pepper, cayenne, fennel, oregano, and basil and simmer for 10-15 minutes. Start cooking the pasta when the marinara sauce mixture just starts to simmer. Cook the pasta per package directions. Right when the pasta is

done, drain, rinse, then add to the marinara mixture in the skillet. Serve pasta over a plateful of spinach. Top the hot pasta with big dollops of ricotta cheese and shredded parmesan and mozzarella cheese.

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