

 **Prep:** 45 minutes
 **Cook:** 45 minutes
 **Servings:** 6

Creamy Cannelloni Macaroni Bake

INGREDIENTS

Sauce:

2 (15 oz.) cans cannelloni beans, *undrained*

1/3 cup nutritional yeast

1/4 cup cooking oil like canola, sunflower, or safflower oil

2 tsp. onion powder

1 tsp. salt

3/4 tsp. white pepper, *fine ground*

1/2 tsp. garlic powder

1/2 tsp. paprika

1/4 tsp. cayenne pepper (optional)

Filling:

1 (16 oz) package elbow macaroni, cooked until tender but still firm, and drained.

1 Tbsp. cooking oil

1 cup frozen peas

Topping:

1 cup panko bread crumbs

1/3 cup (5 Tbsp) butter or margarine

DIRECTIONS

1. Preheat oven to 350-degrees Fahrenheit.
2. Grease a butter a 13" x 9" x 2" baking pan.
3. Cook pasta according to package directions, but only until tender yet firm. Place a colander in the sink and drain pasta. Return to pan. Stir in 1 Tbsp. of cooking oil to prevent clumping.
4. Place all sauce ingredients in the blender or food processor and blend 3-5 minutes until creamy.
5. Pour sauce over the cooked pasta and stir gently until well blended.
6. Add frozen peas and stir gently to distribute them.
7. Spread evenly in a greased baking dish.
8. Melt butter or margarine in a 2-quart saucepan on low heat. Remove from heat and stir in bread crumbs until well coated with butter.
9. Sprinkle buttered bread crumbs evenly on top of the pasta dish.
10. Cover with aluminum foil and bake for 20 minutes.
11. Uncover and bake for an additional 15-20 minutes until the mixture is slightly bubbling on the sides and lightly browned on top.

OPTIONAL: Add 1 cup grated sharp cheddar cheese and/or a can (6 oz.) of drained light tuna to the noodles along with the sauce for an even heartier dish.

Nutrition Information per serving (without optional cheese or tuna)

Calories 640

Total Fat 24g

Saturated Fat 8g

Carbohydrate 85g

Fiber 10.5g

Sugars 5g

Protein 21g

Calcium 103mg (8%)

Iron 6mg (35%)

Potassium 569mg (12%)



Canned Beans

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