

Tofu Lasagna – Vegan

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Serving Size: 6
Calories per serving: 204
Fat per serving: 5 grams

Ingredients

- 1/2 pound whole wheat lasagna noodles
- 2 (10-ounce) packages frozen leaf spinach
- 1 (12-ounce) package firm tofu, Morinaga Mori-Nu
- 1 (12-ounce) package extra firm tofu, Morinaga Mori-Nu
- 4 cups tomato sauce, no salt added
- 1/4 cup unsweetened soy milk
- 1 tablespoon Trader Joe's Tahini Sauce
- 1 tablespoon dried basil
- 1 1/2 teaspoon garlic powder
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Instructions

1. Preheat oven to 350° F. Cook lasagna according to package direction, and set aside.
2. Press tofu and spinach between two towels to dry them from water.
3. Place tofu, milk, tahini, garlic powder, and basil in food processor and blend until smooth.
4. Add spinach to mixture and stir.
5. Spread a thin layer of tomato sauce on the bottom of a 9"x13" baking dish, then a layer of noodles, then cover noodles with a layer of tofu mixture.
6. Repeat layers and end with the lasagna noodles covered with the remaining tomato sauce.
7. Bake for about 30-35 minutes.

Notes

Nutrition facts (per serving): Calories: 204, from fat: 50, total fat: 5g, cholesterol: 0mg, sodium: 342mg, total carbohydrate: 23g, fiber: 3g, sugar: 6g, protein: 12g.