

Lasagna

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Serves: 9 - 12 Servings

Ingredients

For the lasagna:

- 9 whole grain lasagna noodles
- 1 medium zucchini, chopped (optional)
- 8oz pkg sliced mushrooms
- 12oz pkg frozen spinach, thawed
- 1 cup frozen peas, thawed (optional)
- 5-10 cups marinara sauce

For the tofu ricotta:

- 2-14oz pkg extra firm tofu, drained and pressed
- 10oz tub roasted garlic hummus (1 heaping cup)
- ½ cup nutritional yeast
- ¼ cup fresh basil, finely chopped (optional)
- 1 tsp salt
- 1 tsp garlic powder

Preparation

Step 1

Preheat oven to 350F. Bring a large pot of salted water to a boil. Add noodles and cook just until al dente.

Drain and rinse with cold water.

Step 2

Put zucchini, mushrooms, and a pinch of salt and pepper into a large skillet on medium heat. Sauté for 5 minutes or until softened. Add spinach and peas and sauté for another 5 minutes. Remove pan from heat.

Step 3

Place drained tofu in a large bowl. Crumble with hands. Add hummus, nutritional yeast, basil, salt, and garlic powder. Stir together with your hands until it's semi-smooth and resembles ricotta.

Step 4

Place about 1½ cups of marinara in the bottom of a 9x13in baking dish. Top with 3 noodles. Next add half of the ricotta mixture and half of the vegetable mixture. Top with a heaping 1½ cups or more of sauce. Repeat with more noodles, tofu mixture, and veggies. Then top with one last layer of noodles and another 1½ cups or more of sauce. Top with a sprinkle of nutritional yeast.

Step 5

Cover with foil and bake for 45 minutes.