



# Cheese and Tofu Lasagne

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**MAKES: 12 servings**

**PREP: 20 minutes**

**COOK: 30 minutes at 375°F**

## Ingredients:

- 1 container tofu, 12-16 oz, drained and mashed
- 3 cups mozzarella cheese, shredded
- ¾ cup Parmesan cheese, grated
- 1 box oven-ready lasagna pasta sheets
- 2 jars pasta sauce, 24 oz each

## Directions:

1. Mix tofu with mozzarella and ½ cup Parmesan cheese.
2. Pour 1 cup sauce on bottom of dish; spread to coat.
3. Cover bottom with 3 sheets of lasagna noodles.
4. Pour 1 cup sauce on noodles; spread evenly.
5. Spread 1/3 of tofu-cheese mix over sauce.
6. Repeat steps 2-5 for 2 more times; top with cheese.
7. Cover with foil and bake at 375F for 25 minutes; remove foil and bake additional 5 minutes to brown the cheese.
8. Let rest 15 minutes before slicing and serving.

## Notes:

- While baking, make a salad and whole-grain garlic bread.
- Adding ground **nutmeg** and **egg** yolk to the tofu-cheese mix will bring it closer to a traditional lasagne, as will using a Bolognese or meat sauce.
- Made from soybeans, **tofu** is a neutral-flavored bean curd that provides lots of nutrients, like protein with all essential amino acids to support muscle health.
- Adapted from Barilla.com