



Makes one (9x13-inch) casserole

Cook Time: 1 hours 50 minutes

INGREDIENTS:

FOR THE TOFU RICOTTA:

- 1 (12.3-ounce) package silken tofu
- 1 pound fresh water-packed firm tofu
- 2 teaspoons minced garlic
- ¼ cup nutritional yeast
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon parsley flakes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ cup fresh lemon juice
- ¼ cup soy milk

FOR THE LASAGNA:

- 1 recipe Tofu Ricotta
- 1–2 pounds fresh spinach, lightly steamed
- 8 ounces no-boil lasagna noodles
- 7 cups fat-free pasta sauce
- ¼ cup soy parmesan or Parma vegan parmesan

Spinach Lasagna

My mom has been making a version of this lasagna for years. It is now a favorite of my boys. I serve this with My Caesar Salad from *The Starch Solution* and a loaf of warm French bread with roasted garlic.

From drmcDougall.com

*This recipe and other kid-friendly and comfort food ideas are also available in our convenient *iPhone app* and newly released *Android app*.*

https://www.youtube.com/watch?v=ED3_pBpYI9Y

By Heather McDougall

- 1 To make the ricotta, combine all ingredients in a food processor and process until fairly smooth. Place into a large bowl, and set aside.
- 2 To make the spinach, steam at least 1 pound of fresh spinach (2 if you really like spinach) for about a minute or two, just until slightly wilted.
- 3 Drain well, then either mix the spinach into the ricotta or layer the spinach over it when assembling the lasagna.
- 4 Preheat the oven to 350°F.
- 5 To assemble the lasagna, spread 1 cup of the pasta sauce over the bottom of the baking dish. Then cover the sauce with a layer of noodles. Next, spread half of the ricotta mixture (and half of the spinach if not mixed into the ricotta) over the noodles, and top with 2 more cups of the sauce. Add another layer of noodles, the rest of the tofu mixture (and spinach if separate), 2 cups more of the sauce, and the rest of the noodles. Spoon the remaining 2 cups of sauce over the noodles (make sure you cover all the edges), and sprinkle some parmesan over the top. Cover with parchment paper and then with foil.
- 6 Bake for 60 minutes. Remove from the oven and let rest for 30 minutes before cutting.
- 7 Note: This recipe may be prepared ahead of time and refrigerated. Add about 15 minutes to the baking time.