



Plant-Based Lasagna With Tofu Ricotta

6 servings

30 minutes

Ingredients

- 1 package 14oz. Tofu (extra firm)
- 3 tbsps Nutritional Yeast
- 1 1/2 tsps Sea Salt
- 1 1/2 tbsps Lemon Juice
- 1 package Whole Wheat Lasagna Noodles
- 1 jar Pasta Sauce
- 1 cup Daiya Cheesy Mozzarella Shreds (optional)
- 2 cups Gardein Meatless Crumbles (optional)

Directions

- 1 Cook lasagna noodles by following instructions.
- 2 Preheat oven to 375°F
- 3 Drain and cube tofu.
- 4 Add tofu, nutritional yeast, salt, and lemon to a blender and blend until smooth and creamy.
- 5 In a lightly sprayed 13x9 pan, start with a thin layer of sauce and meatless crumbles. Then begin your first layer of four noodles, slightly overlapping. Next is a layer of vegan ricotta and then sprinkled mozzarella.
- 6 Repeat layers three more times and end with a layer of sauce and sprinkled cheese.
- 7 Bake covered with foil for 30 minutes.

Notes

WFPB?: If you are looking to stay in phase 3 for this recipe and are 100% whole food, plant-based, simply skip the cheese shreds and meatless crumbles!