



INGREDIENTS

- 12 oz. Soft Silken Tofu
- 1 1/4 cup (5 oz) shredded mozzarella (divided use)
- 1 teaspoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 14 oz can diced tomatoes (I use salt free)
- 14 oz can cream of tomato soup
- 8 oz can tomato paste
- 6 sheets lasagna noodles*
- 6 oz fresh spinach
- 8 oz fresh mushrooms
- 1/2 cup shredded parmesan cheese

Tofu Spinach Lasagna

**You can use regular or no cook (oven ready) lasagna noodles. I use whole wheat noodles that need to be boiled before using because I can't find oven ready wheat ones. If you use no cook noodles, just take them right from the box to the pan and skip the boiling.*

Preheat the oven to 350° and coat a 13" x 9" baking pan with cooking spray. If using noodles that need to be boiled, get those started while you prepare the filling and sauce. They usually need to boil for about ten minutes.

To prepare the sauce, heat the olive oil over medium high heat in a medium saucepan and saute the minced garlic until fragrant, about 2 minutes or so. Add the can of diced tomatoes with their juice and cook until they are about half broken down. Add the cans of tomato soup and tomato paste, reduce the heat and simmer for about 5 minutes.

In the meantime you can prepare the filling. In a medium mixing bowl, use a fork to combine the tofu, 1 cup of the mozzarella, lemon juice, salt and pepper until it is broken up and well blended.

To assemble the lasagna, spread about 1 cup of sauce in the bottom of the prepared baking dish. Lay three sheets of pasta in the dish, leaving a bit of space around each one. Spread the tofu mixture evenly over the noodles then top with a layer of spinach and a layer of mushrooms.

Place the three remaining sheets of pasta on top of the vegetables, followed by the remaining sauce, 1/4 cup mozzarella and the 1/2 cup parmesan.

Cover with foil and bake for about 35 minutes until heated through and bubbly. Remove the foil and bake another 5 - 10 minutes until the cheese starts to brown and bubble. Let stand about 10 minutes before cutting and serving.

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