

Tofu Lasagna with Squash and Spinach

Siena Duplan | sienaduplan.com/food



Servings: 6-8

Prep: 30 mins

Cook: 25-35 mins

Ready in 1 hour

Ingredients:

- ½ (12 ounce) package of uncooked **lasagna noodles**
 - (6-9 strips for 9 x 13" pan)
- 1 (12 ounce) package **firm tofu**, crumbled
- 4 **eggs**
- a pinch of **salt** (the cheese already has a lot of sodium)
- ½ teaspoon black **pepper**
- 1 teaspoon ground **nutmeg**, *optional*: a pinch of ground **clove**
- 4 tablespoons **milk**
- 2 cups **spaghetti sauce** (or 1-2 jars)
- 2 tablespoons dried **parsley**
- 3 cups shredded **mozzarella** cheese, divided
- ½ cup grated **Parmesan** cheese
- 2 or 3 **squashes** (like the ones in the pic below), very thinly sliced
 - **Olive oil** to sauté squash
 - *Optional* addition or replacement: **zucchini**
- 2 bags **baby spinach**



Directions:

1. Preheat oven to 350°.
2. Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
3. Drain and unpack tofu. Place tofu block in between either clean towels or a thick wad of paper towels. Place a heavy dish (e.g. the baking dish to be used for lasagna) on top of the wrapped tofu to absorb moisture.
4. In a medium bowl combine tofu, eggs, salt, pepper, nutmeg, clove (optional), milk, spaghetti sauce, parsley, and 2 cups of mozzarella cheese.
5. Sauté thinly sliced squash and zucchini (optional) in olive oil until softened. Remove from saucepan. Then add spinach and sauté until spinach leaves are wilted.
6. Spread a layer of sauce mixture in the bottom of a 9 x 13-inch baking dish.
7. Layer lasagna noodles with the sauce mixture and sautéed squash and spinach, ending with sauce. Sprinkle with remaining mozzarella and Parmesan cheese.
8. Bake in preheated oven for 25-35 minutes.

