Lasagna With Cashew Tofu Ricotta

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Noah Kauffman

Find this recipe and more in The Vegan Starter Kit by Neal Barnard, MD!

About the Recipe

276 Calories · 13 g Protein · 3 g Fiber
Dinner

Ingredients

Makes 8 Servings

- 9 dry lasagna noodles, cooked according to package directions
- 2 12-ounce packages silken tofu (extra firm)
- 3/4 cup cashews
- 2 tsp. dried basil
- 2 tbsp. lemon juice
- 24 ounces commercial pasta sauce

Directions

1. Preheat the oven to 350 F. Boil lasagna noodles, and then drain and rinse with cold water.
2. Combine tofu, cashews, basil, and lemon juice in a food processor or blender and process until smooth.
3. Layer in a lightly oiled lasagna pan: pasta sauce, 3 cooked noodles, and tofu-cashew mixture. Repeat with another layer of sauce, 3 more noodles, and tofu-cashew mixture.
4. Top with more sauce, the remaining 3 noodles, and remaining sauce. Bake uncovered for 20-30 minutes.

Nutrition Facts

Per serving

Calories: 276
Protein: 13 g
Carbohydrate: 34 g
Sugar: 9 g
Total Fat: 10 g
    Calories From Fat: 33%
Fiber: 3 g
Sodium: 339 mg