

# 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