

TOFU LASAGNA

Ingredients

- 1/2 (12 ounce) pkg uncooked lasagna noodles
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 tbsps milk
- 1 tbsp dried parsley
- 1 (12 ounce) pkg firm tofu, crumbled
- 1 cup spaghetti sauce
- 2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese

Directions

- Preheat oven to 350 degrees F.
- Boil a large pot of water. Then add lasagna noodles, and cook for 8-10 minutes. Drain.
- In a medium bowl combine tofu, eggs, salt, pepper, nutmeg, milk, spaghetti sauce, parsley and 1 cup of mozzarella cheese.
- Spread a layer in the bottom of a 9x13 inch baking dish.
- Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining mozzarella and Parmesan cheese.
- Bake in preheated oven for 25 to 35 minutes.
- Enjoy tofu lasagna as a great source of protein!



Serves 7
people!