

## Cooking with Tofu – Class 2

### Lasagne Florentine and Vegan Parmesan

#### Lasagne recipe

- 1 onion, chopped (1 Tbsp onion powder can be substituted)
- 2 cloves garlic, chopped (1/2 tsp garlic powder can be substituted)
- 1 tsp dried basil
- 1 tsp salt
- 1 package regular firm or extra-firm tofu, drained and mashed
- 1 package (1 lb) frozen spinach
- ½ pound package lasagne noodles (enough for 2 or 3 layers of noodles in your baking dish)
- 1 jar (32oz) tomato marinara sauce
- Vegan parmesan cheese for topping (optional)

Preheat the oven to 350° F. Heat a little water in a large skillet. Add the chopped onion and garlic (if using) to the skillet and cook until soft. Add the mashed tofu, basil and salt (and onion and garlic powder if using). Stir in the frozen spinach and mix well. Heat through until spinach has defrosted.

Bring a large pot of water to the boil, and cook the lasagne noodles until just soft. Use tongs to separate noodles, and lift out one noodle at a time. (They will stick together if stacked on a plate)

Place a layer of tomato sauce over the base of a large rectangular baking dish. Place a layer of noodles to cover, trimming with scissors if needed. Add a layer of half the tofu and spinach mixture. Then another layer of noodles, and a layer of tomato sauce. If you have room, you can add another layer of tofu and spinach mixture and noodles and tomato sauce. Sprinkle vegan parmesan cheese on top.

Place in the oven and bake for 30 mins or until bubbly.

#### Parmesan “cheese” - makes 1 cup

- ½ cup sliced almonds
- ½ cup nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt

Grind the almonds to a powder consistency in a spice grinder. Don't overgrind or the almonds will get pasty. Transfer almond powder into a small bowl. Add the remaining ingredients and stir to mix well. Store in refrigerator in tightly sealed container.