

Lasagna

Ingredients:

1. 1 box whole wheat lasagna noodles, cooked as per package directions
2. 1 block firm tofu, crumbled
3. 1/4 cup nutritional yeast
4. 1 tsp salt
5. 1 tsp yellow mustard powder (Coleman's)
6. 1 Tbs apple cider vinegar
7. 1/2 tsp garlic powder
8. 1 package fresh or frozen spinach, drained
9. 14 oz tomato sauce (see separate recipe)

Directions:

To make the cheese filling, combine ingredients 2-7 in mixing bowl

In a 8x11" baking dish, pour and spread 1/4 cup of tomato sauce and then arrange noodles on top and spread 1/3 of the tofu mixture on top, followed by a layer sauce and 1/3 of the spinach. Repeat until done. The top layer should be noodles covered with sauce.

Cover with tin foil and bake at 375F for 40 minutes, then uncover and bake for another 10 minutes

