

Spinach Lasagna - No Oil

This can be made gluten-free, too. I like to use Green Lentil Lasagna noodles.

Categories

Yields: 6 servings

Preparation time: 20 mins

Cooking time: 60 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Lasagna noodles, spinach, cooked in salted water	12 each - lasagna noodle
Spinach, raw	2 bunch
Tofu, silken, not cooked	2 cup
Garlic, fresh	4 clove
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Tomato sauce	6 cup
Basil, fresh	1 tablespoon
Oregano, dried	1 teaspoon
Salt, himalayan (pink)	1 dash
Black pepper, ground	1 dash
Cayenne pepper	1 gram
Paprika	1 gram

Instructions

- 1) Preheat oven to 350 degrees F.
- 2) In a saucepan, add tomato sauce, chopped onion, and minced garlic. Bring to a slow boil.
- 3) Crumble up the tofu and add herbs and spices to it. Mash it up with a fork, so it's the consistency of cottage cheese.
- 4) When the noodles are ready (I use no-cook lasagna noodles), pour a small amount of the tomato sauce on the bottom of the lasagna casserole dish.
- 5) Place the noodles in the dish. Pour more tomato sauce to cover the noodles. Place the chopped spinach on top and spread around evenly.
- 6) On the next layer, place the tofu mixture on top of the noodles, then cover with tomato sauce.
- 7) On the third layer, add a layer of tomato sauce, spinach, tofu, and cover with another layer of noodles and drench them in tomato sauce.
- 8) Cover with lid or foil wrap and bake for about one hour.

9) Remove from oven and let sit for about 10 minutes. Enjoy with a salad or some garlic bread.