



a better world begins on your plate

**plant-based  
eating**  
ANIMAL PROTECTION  
OF NEW MEXICO

## Spinach Lasagna



Springtime is the perfect time to prepare a luscious lasagna, and incorporating fresh spinach bumps up the veggie value even more. Recipe from APNM Executive Director, Lisa Jennings. Bon appetit!

1 lb. tofu, crumbled up like cottage cheese (either use a fork to mash, or just crumble with your fingers)

4-5 tablespoons soy mayonnaise (I prefer Veganaise brand)

1 tablespoons chopped (or dried) parsley

1 teaspoons crushed garlic (or garlic powder)

2 cups loose spinach, finely chopped

5 oz. shredded soy cheese (I prefer Daiya brand “mozzarella style shreds”)

¼ teaspoons crushed red pepper (optional)

salt and pepper to taste (don’t be shy with the black pepper)

¼ cup nutritional yeast

1 package lasagne noodles

pasta sauce of your choice (about one quart), either from a jar or homemade (you can also add diced zucchini to the sauce to make it tastier and to add more vegetables to the dish)

Preheat oven to 350 degrees. In a mixing bowl combine the tofu, soy mayonnaise, parsley, garlic powder. Mix well and then add spinach, ¾ of the soy cheese, red pepper, salt, pepper, nutritional yeast. Mix well and set aside. Cook lasagne noodles to “al dente” consistency. In a glass baking dish, layer as follows (you should be able to make 2-3 layers of tofu mixture between noodles):

pasta sauce on bottom of pan

lasagna noodles

spoon tofu mixture generously on noodles

more pasta sauce

layer with more noodles

tofu mixture

more pasta sauce

noodles

tofu mixture

pasta sauce

noodles

pasta sauce

Top the whole dish with an additional sprinkle of nutritional yeast and the remaining soy cheese. Cover with aluminum foil and bake at 350 degrees for about 45 minutes or until bubbling. Enjoy with a green salad and your favorite bread.