

Skillet Lasagna

Serves 6

Allergens: Contains wheat/gluten, soy, egg.



VEGETARIAN



DAIRY FREE



Ingredients

- 12-ounce container extra firm tofu, drained
- juice of 2 lemons
- 3 tablespoons nutritional yeast
- ¼ cup extra virgin olive oil, divided
- ½ cup fresh basil
- 1 tablespoon dried oregano
- ½ teaspoon salt or to taste
- ½ teaspoon black pepper
- ½ medium yellow onion, diced
- 3 cloves garlic, minced
- 4 cups mushrooms, sliced
- 6 ounces egg noodles, 3 cups dry
- 1 jar marinara sauce (about 28 ounces)
- 2 zucchini, chopped into ½ inch chunks, about 2 cups
- 1 cup baby spinach

Directions

1. To make tofu ricotta: In a food processor, puree tofu, lemon juice, 3 tablespoons olive oil, nutritional yeast, oregano, salt and pepper. Pulse basil until it is distributed but not completely pureed. Set aside.
2. In a large skillet, heat remaining 1 tablespoon olive oil over medium high heat. Add onions and cook until they begin to brown, about 5 minutes. Add garlic and cook until fragrant, about 30-60 seconds. Add mushrooms and cook until they begin to cook down, about 3 minutes.
3. Add marinara sauce, pasta, zucchini, spinach, and 1 cup water. Stir together, then top with dollops of tofu ricotta. Cover, reducing heat to a simmer, until noodles are cooked, about 10 minutes. For whole wheat noodles, add an extra ½ cup water and 4-5 minutes cooking time, or until noodles are al dente or cooked to your liking.

Notes

- To make this recipe vegan, use fusilli instead of egg noodles.
- To make this recipe wheat and/or gluten-free, use wheat and/or gluten-free noodles.
- If this recipe doesn't need to be dairy-free or vegan, you can use regular ricotta cheese.
- Substitute or add other veggies if you'd like, such as kale, roasted eggplant, or tomatoes.

Recipe from [Spring Veggies to Cook and Grow, Spring 2021](#)