

Ingredients

1 Tbsp water	1/4 cup fresh basil, chopped
1 yellow onion, diced	1/3 cup fresh parsley, chopped
2 red peppers, diced	3 medium zucchini, sliced thin lengthwise
1 cup carrots, shredded	2 cups baby spinach, loosely packed
3 cloves garlic, minced	12 oz water packed firm tofu, drained
2 cans crushed tomatoes (28 oz)	12 whole grain lasagna noodles (boiled for 3 minutes)
1/2 tsp kosher salt	
1/2 tsp pepper	
1/4 tsp crushed red pepper flakes	

Nutrition Information Per Serving

Serves 12

Calories: 190

Fat: 2 gm

Sodium: 150 mg

Fiber: 8 gm

Carbohydrates: 32 gm

Protein: 10 gm

Sugar: 6 gm

Instructions

Preheat oven to 350 degrees.

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion and red peppers, cook, stirring about 3 minutes, adding water just as needed to prevent sticking. Add grated carrots and sauté until soft.

Add garlic and cook for 1-2 minutes. Transfer to stock pot. Add crushed tomatoes, salt, black pepper, red pepper flakes, basil, and parsley. Simmer for 10-20 minutes.

In a blender, blend together spinach and tofu until smooth.

In a baking pan, add a thin layer of tomato sauce. Add a layer of lasagna noodles, a thin layer of tomato sauce, a layer of tofu mixture, and then a layer of zucchini. Repeat, ending with lasagna noodles and tomato mixture.

Cover with foil and bake for 50 minutes. Remove foil and bake for 10 more minutes.