

Melissa's Easy Lasagna Toss

Use 100% whole wheat or gluten free noodles, like chickpea, brown rice or lentil pasta. I usually do not measure seasonings, and usually use more than called for. Don't be afraid of spices, but you don't need every one listed! Even better as leftovers!

Ingredients

- 1 pound fresh white or baby bella mushrooms sliced
- 4-5 cloves chopped garlic (measure with your heart!)
- 1-2 tablespoons water or veggie broth
- ½ jar spaghetti sauce or your favorite no-oil pasta sauce
- ½ package 100% whole wheat or GF pasta noodles such as spaghetti or penne, cooked according to package directions
- 10 ounces frozen chopped spinach thawed & drained, or lots of snipped fresh spinach cooked down in the microwave for a couple minutes
- Tofu ricotta filling, below

Tofu Filling:

- 14-16 oz firm or extra-firm tofu, not silken
- 1/2 teaspoon salt optional, some black pepper
- 3-4 Tbs nutritional yeast (adds a cheesy taste)
- 1-2 Tbs oregano or good Italian blend
- 1/2 to 1 tsp garlic powder
- 1 tsp dried or fresh basil, optional
- Optional: ¼ tsp cayenne pepper and/or smoked paprika
- 1/8 to ¼ tsp turmeric
- Splash of non-dairy milk if it gets too dry from seasonings

Instructions

1. Drain the tofu, wrap in a paper towel and gently squeeze out extra liquid. Crumble the tofu with your fingers. Add nutritional yeast and other dry seasonings & combine well.
2. Sauté the mushrooms over medium heat, adding 1-2 tsp of water if they begin to stick. They will begin to release their juices. When nearly tender, add fresh garlic if using, or garlic powder. Saute until shrooms are tender.
3. Squeeze out frozen spinach or snip fresh spinach from a bag or produce bin, and microwave for a minute. Dab with paper towels, and fluff it up a bit.

4. Cook the pasta according to package directions and drain. Add pasta to large pasta serving bowl and stir in half a jar of warmed pasta sauce.
5. Add the mushrooms along with any juices, the tofu ricotta, and the spinach to the pasta, and toss until well combined, adding a little extra sauce if desired.
6. Garnish with Italian blend seasoning and basil if you like.

To get a saucier dish, add a little veggie broth to the mushrooms after they release their juices.

Using a mix of mushrooms makes this dish even more gourmet. Feel free to use Portabella caps, cut into half slices or chunks, oyster mushrooms, shiitake mushrooms or any others for a savory mix.

For questions, email: sherlocktruhealth@outlook.com

