

Polenta & Spinach Lasagna

Who doesn't love lasagna? Well here is a recipe bursting with benefits and proven to please even the pickiest eater or traditionalists! I admit I was skeptical when I found this recipe years ago but after modifying it, it is a favorite go-to meal in our home for family and friends. Easy to prepare; rich in nutrients such as fiber, vitamin C, calcium, and antioxidant lycopene; plus it is rich in protein (thanks to the tofu mixed with ricotta that a meat-eater will never detect). For those gluten-free, this is an excellent alternative using polenta (made from corn)! Let me know the reviews at your house when you make this new twist on traditional lasagna! ~ Julie

Serves 6

15oz. part-skim ricotta cheese
½ cup fresh grated Parmesan cheese
1 package firm (*non-GMO*) tofu, *drained, pressed (to remove some of the water, and crumbled)*
10oz package frozen spinach (*or 2 cups fresh sautéed*)
1 jar roasted red peppers in olive oil, *drained & chopped*
1 jar marinara sauce or tomato-basil (*see my picks*)
18oz tube of pre-cooked polenta, *sliced thin- 12 rounds*
1/3 cups chopped fresh basil
½ cup mozzarella, dairy-free, or almond cheese
Pepper and salt to taste as desired

Nourishing “Nuggets”:

- Making your own pasta sauce is truly the best but if you opt for the jar, **Rao's Marinara** is among one of my favorites.
- Be sure to “dry out” your tofu. I slice it and put it between thick tea towels and place a large old book on top to help drain off the water until you can crumble it with your hands in the mixture.

Directions:

1. Preheat oven to 400 degrees. In large bowl, mix together ricotta and Parm cheese. Add crumbled tofu, bell peppers, spinach, and basil. And mix well.
2. Layer ½ cup tomato sauce on the bottom of an 11x7” glass baking dish. Place 6 polenta rounds over sauce.
3. Top with ½ the cheese/tofu mixture. Pour ¾ cup of sauce over the cheese. Repeat layering polenta rounds, cheese/tofu mixture and sauce.
4. Sprinkle ½ cup of mozzarella (or other) cheese on top. Cover with aluminum foil and bake for 30-40 minutes. (*Keep covered and refrigerate up to 24 hrs prior to cooking. Adjust time and cook 1 hour*)
5. Remove foil and set the oven to broil. Cook 4-8 more minutes, or until cheese start to turn golden. Remove from oven and let cool for ~ 15 minutes. **Enjoy!**

