

Vegan Spinach Lasagna

Yield: 10 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/valentino-s-lasagna-recipe>

Ingredients:

- nonstick cooking spray
- 2 pounds firm tofu drained
- 3 tablespoons extra-virgin olive oil
- 1/2 lemon juiced
- 1/3 cup nutritional yeast
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- 1 box no boil lasagna 12 oz. per box, egg-free
- 4 cups marinara sauce 4 cups is about 36 oz.
- 1 package frozen spinach 10 oz. per package, thawed and well drained

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 700 milligrams
9. Sugar: 10 grams

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