

Easy Vegan Lasagna

Yield: 10 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-thanksgiving-lasagna-recipe>

Ingredients:

- 12 whole lasagna noodles grain
- 1 tablespoon extra-virgin olive oil
- 1 medium zucchini chopped, optional
- 8 ounces sliced mushrooms
- 12 ounces frozen spinach thawed
- 1 cup frozen peas thawed, optional
- 5 cups marinara sauce
- 14 ounces extra firm tofu drained and pressed
- 10 ounces hummus tub roasted garlic, 1 heaping cup
- 1/2 cup nutritional yeast
- 1/4 cup fresh basil finely chopped, optional
- 1 teaspoon salt
- 1 teaspoon garlic powder

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 11 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 880 milligrams
9. Sugar: 13 grams

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