

Lasagna 'CHEESE' Ingredients

4 breakfast sized sweet Italian sausage
2 Cups baby spinach leaves, stemmed
1 14 oz tub organic soft tofu, drained, pressed to release water
1 large egg, beaten
2 tbl Vegenaïse
2 tbl chopped fresh parsley
¼ tsp ground nutmeg
¼ tsp mild GF curry powder
sea salt and pepper to taste

In a skillet, sauté the sausage briefly, till golden and starting to brown a bit. Rinse the spinach leaves and drain well. Add them to the sausages and stir till wilted; remove from heat. Place the drained tofu in a bowl and use a potato masher to break up the tofu into "curds". Add in the egg, Vegenaïse, parsley, nutmeg and curry. Stir briefly to combine. Season with sea salt and pepper, to taste. Add in the sausage spinach mixture and lightly stir.

Pour your sauce into the bottom of a baking dish and spread evenly. Layer your noodles, 'cheese', sauce, etc.

Enjoy!!!