

Healthy Lasagna



No Boil Lasagna

8 ounce firm Tofu

8 ounce Hummus

2 eggs

15 ounce black beans

1 large sliced yellow squash

6 cups organic baby spinach

24 ounce tomato basil pasta sauce

1/2 cup parmesan cheese

Directions

Mix Tofu, Hummus and eggs together. In a casserole dish assemble lasagna starting with tomato sauce, then lay down the lasagna noodles. start making your layers starting with tomato sauce, tofu and hummus mix, black beans, spinach, squash, grated parmesan and continue for 3 layers. then cover and place in a preheated oven of 400 degrees F for 30 minutes or until noodles soft, let cool for 15 minutes and enjoy.

Nutrition Facts:

4" square = 175 calories, 10 grams protein, 5 grams fiber, 3 grams fat