



This is a surprisingly delicious recipe. Yes, I have known for some time that tofu has been used in vegetarian lasagne, but didn't really have the inclination to sample it. It wasn't until I made it as a Keto recipe for the For Health and Long Life Website that I realised that this more than delicious Keto Tofu Vegetarian Lasagne, is really worth trying out. Enjoy!

Servings - 6

Prep Time - 20 mins | Cook Time - 35 mins | Total Time - 55 Mins

Difficulty - Easy



Cuisine - Italian

RECIPE

KETO TOFU VEGETARIAN LASAGNE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Balloon Whisk](#)

[Mixing Bowls](#)

[Large Sharp Knife](#)

[Lemon/Fruit Juicer](#)

[Non Stick Wok](#)

[2 Serving Bowls](#)

[Food Processor](#)

[Large Deep Frying Pan](#)

[11 x 11-inch Baking Dish](#)

[Aluminum Foil](#)

INGREDIENTS

350 g [Keto Egg Pasta](#), made into Lasagne pasta strips

[350 g Extra Firm Tofu](#)

[2 Tbsp Light Olive Oil](#)

1 Small Spanish Onion finely chopped

1 Large Courgette, finely chopped

2 Large Eggs

[1/4 Tsp Himalayan Salt \(Ground\)](#)

[1/4 Tsp Black Pepper \(ground\)](#)

[1/4 Tsp Dried Nutmeg Powder](#)

[4 Tbsp Mascarpone Cheese](#)

[1 Cup Keto Lasagne and Pizza Tomato Sauce](#)

[1 Tbsp Semi Fresh Parsley](#)

2 Tbsp fresh Basil

[1/2 Tsp Sea Salt, Flakes](#)

[1/2 Tsp Black Pepper \(ground\)](#)

[2 Cups Mozzarella Cheese, Grated](#)

[1/2 Cup Parmesan, grated](#)

METHOD

Preheat the oven to 350°F (175°C).

Bring a large pot of lightly salted water to a boil.

Add the Keto lasagna and cook for 8 to 10 minutes according to how you like it.

In a deep frying pan or WOK add the olive oil and bring to the heat. Lower the heat and add the tofu and fry until golden brown on the outside. Place on a plate and set aside.

Add the onions and courgette to the oil and fry until they are translucent. Add to the tofu and set aside.

In a medium bowl, combine the eggs, salt, pepper, nutmeg, basil, and parsley. Add the tofu, onion, basil and cream and mix.

Heat the lasagne and pasta sauce, mascarpone and half the mozzarella in a medium pan and let them cook slowly until the mascarpone and mozzarella melt into the sauce. Add the rest of the sauce ingredients.

Spread a layer of pasta in the bottom of a deep 11 x 11- inch baking dish.

Add a layer of the tofu/sauce mix then a layer of pasta. Repeat once more ending with pasta. Sprinkle it with remaining mozzarella and the Parmesan cheese.

Bake in a preheated oven for 25 to 35 minutes.

STORAGE

You can store the cooked lasagne for up to 30 days in an airtight container, and cook it in the microwave from frozen.

NUTRITION FACTS

Per serving : 242 g | Calories 466 | Protein 48.1 g | Fat 22.1 g | Carbs 17.1 g | Fiber 7.9 g

Net Carbs : 9.2 g

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