

VEGAN TOFU RICOTTA (OIL-FREE, PLANT-BASED)

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INGREDIENTS

5 MINUTES 6 SERVINGS

- 10 oz firm tofu
- 1 shallot (about 2 tbsp minced)
- 2 Tbs capers and brine
- 2 Tbs chopped fresh parsley
- 3 Tbs nutritional yeast
- 1 tsp lemon juice
- 1/4 tsp ground nutmeg
- 1/4 tsp salt (optional)

TAGS

#cheese #dairy-free #gluten-free #healthy #Italian #plant-based #vegan



1

Gather ingredients



2

To make the Tofu "Ricotta": Cut the tofu into cubes, if needed, and drain well.



3

Use your hands to crumble the tofu into ricotta-like chunks.





4

Mince the shallots and capers. Chop the parsley, if needed.



5

In a medium bowl, combine the crumbled tofu, shallots, capers, parsley, nutritional yeast, lemon, and nutmeg.



6

Add about 1 tbsp of the caper brine to the bowl.



7

Mix well until thoroughly combined.



8

Serve over toasted bread.



9

Layer between brown rice lasagna noodles with Garlic Marinara and top with Cashew "Parm" for a vegan, gluten-free Lasagna

