

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

4 tbsp butter	1 8 oz container
1/2 cup chopped onion	mascarpone cheese
2 cloves garlic, finely chopped	or light cream cheese
4 tbsp flour	1/2 cup toasted walnuts,
2 1/2 cups 1% low-fat milk	finely chopped
1 (12.3 oz) package silken firm	1/4 cup chopped parsley
tofu, divided	2 tsp minced fresh
2 (5 oz) tubs grated Parmesan	rosemary
cheese	1 8 oz package no-boil
1 cup part skim ricotta cheese	lasagna noodles

Preheat oven to 375 degrees. Melt butter in a large saucepan. Add onion and garlic, saute 3 minutes. Stir in flour, whisk well, and cook 2 minutes. Add milk, whisking vigorously. Cook 3 minutes or until thick. Add half of tofu, whisk well. In a small bowl combine remaining tofu, cheeses, walnuts, parsley and rosemary; stir well. Spread 1 cup sauce in a 13x9 in baking dish. Place a layer of noodles and a layer of cheese mixture over sauce; repeat layering ending with sauce. Cover and bake 30 minutes. Uncover and bake 5 minutes or until browned.
Yield: 12 Servings

Per serving:

Calories:590
Total fat:30 g
Saturated fat:8 g
Protein:25 g
Carbohydrate:46 g
Fiber:3.4 g
Cholesterol:58 mg
Iron5.6 mg
Sodium:693 mg
Calcium:301 mg

Eat Well. Eat Soy

