

Tofu Ricotta

INGREDIENTS

- 1 pkg firm tofu (12 oz)
- 2 tbsp tahini
- 2 1/2 tbsp nutritional yeast
- 2 1/2 tbsp shallot
- 2 cloves garlic
- 1/4 tsp grated nutmeg
- 1/2 tsp lemon zest (optional)
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 3 cups baby spinach

METHOD

- 1** Drain the firm tofu and remove any excess liquid. Finely crumble the firm tofu. Mince the shallot. Mince the garlic. Steam the baby spinach, chop it, and drain it well. Grate the nutmeg. Zest the lemon if using.
- 2** Add the crumbled firm tofu, tahini, nutritional yeast, and minced shallot to a bowl. Mix to combine. Add the minced garlic, freshly grated nutmeg, lemon zest (if using), and lemon juice. Mix again. Add the sea salt and freshly ground black pepper. Stir to combine.
- 3** Fold in the chopped baby spinach. Break it up as you add it. Mix until thoroughly combined.
- 4** The mixture should hold together well but not be too wet. Use as a topping for pizza or as a filling for dishes such as lasagna or manicotti.

TIPS & ADDITIONAL INFORMATION

Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.