

Culinary inspiration of the month of June

Zucchini lasagna with cream cheese and tofu filling

Ingredients for 4 people

1.6 kg zucchini
2 cloves of garlic
1–2 onions
600 g natural tofu

parsley, to taste
a little basil
2 packs of herb cream cheese
200 g Emmental cheese
oil
salt, pepper

Preparation: approx. 50 minutes



Preparation:

Wash the zucchini and slice it lengthwise into thin strips. Dice the end pieces, salt them, and set aside. Finely chop the onions and garlic. Squeeze the tofu and crumble it with a fork. Chop the basil and parsley, setting aside a few basil leaves for garnish.

Sauté the tofu in a pan with a little oil for 3–4 minutes. Season with salt and remove from the pan. In the same pan, sauté the onions and garlic, then add the diced zucchini. Briefly sauté, then remove from heat. Add the tofu back in and season with salt and pepper. Stir in the fresh herb cream cheese and mix in the herbs.

Preheat the oven to 240°C (465°F). Grate the Emmental cheese.

Pat the zucchini slices dry with paper towels. Layer zucchini strips in a baking dish, then add the tofu mixture and a spoonful of cheese. Repeat layers of zucchini and filling until the dish is full. Bake for 10 minutes, then switch to grill mode and cook for another 2 minutes, until the cheese is lightly golden.

Serve topped with fresh basil leaves.

Enjoy your meal!
Sandra, Nicol and the ABC family
and BIOKistl South Tyrol