

Baked Tofu and Spinach

2 10-oz. boxes frozen chopped spinach
2 12.3-oz. boxes lite silken tofu
1 small onion, minced
2 Tbsp. vegetarian bacon bits
3 Tbsp. nutritional yeast
1 Tbsp. soy sauce

Preheat the oven to 450°F. Cook spinach according to the directions on the box. Drain well (*really* well).

Place everything into a food processor and blend until fairly smooth.

Pour mixture into a greased or non-stick 9-inch pie plate. Bake for 50 minutes.

Cool on a wire rack for 10 minutes, slice and serve.

6 servings

Per serving: 75 calories; 10g protein; 1g fat; 8g carbohydrate; 0mg cholesterol

Source: *Conveniently Vegan* by Debra Wasserman (The Vegetarian Resource Group, 1997), ISBN 0-931411-18-1