

Tofu Ricotta

Swick

Makes 2 cups | Active Time: 1 hour | Total Time: 1 hour

Preparing the Tofu Ricotta

First, gather and prepare your mise en place. Make sure that the tofu has been drained of any excess liquid.

In a bowl, add the crumbled tofu, the tahini, nutritional yeast and shallots and mix to combine. Then add the garlic, nutmeg, lemon zest and lemon juice. Mix together and add the sea salt and pepper.

Mix again and fold in the chopped spinach, breaking it up a bit as you add it. Mix one last time to thoroughly combine the ingredients.

The mixture should hold together well but should not be too wet. If so, this indicates that the tofu and spinach were properly drained.

Tofu ricotta can be used as a topping for items like pizza, or it can be used as a filling for dishes like lasagna or manicotti.

Step 1: Preparing the Tofu Ricotta

- 1 block of firm tofu (350 grs/12 oz), finely crumbled
- 2 tbsp tahini
- 2 1/2 tbsp nutritional yeast
- 2 1/2 tbsp shallot, minced
- 2 cloves garlic, minced
- 1/4 tsp freshly grated nutmeg
- 1/2 tsp lemon zest (optional)
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 3 cups baby spinach, steamed, chopped and drained well