

RECIPE HUB

Tofu Ricotta

Dairy-Free Dishes

Source: happyherbivore.com/recipe/tofu-basil-ricotta/



SERVES:
8



PREP TIME:
5 MINS



CALORIES
25 CAL

Dairy can cause some nasty symptoms for people who are lactose intolerant or have a sensitivity to casein or whey. Treating yourself to dairy-free dishes will allow you to enjoy food symptom free.

INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel and place between two cutting boards. Place a heavy object, such as a 28-ounce can of tomatoes or beans, on top.
2. Let rest 20 minutes, allowing the weight to press out extra moisture in the tofu.
3. Unwrap tofu and pat dry. In a large mixing bowl, crumble tofu with your hands. Then mix in remaining ingredients plus salt and pepper to taste. Eat within 1 week

INGREDIENTS

- 1 pound extra-firm tofu
- 1 teaspoon lemon juice
- 1/4 cup nutritional yeast
- 1/4 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- 1/2 teaspoon yellow miso paste (optional)
- 1/4 teaspoon onion powder

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