

Julianne Edwards  
Angela Longhi  
Amanda Huerta  
George Venditti  
Matt Reiman

### **Tofu used as a Ricotta Substitute in Traditional Cheese Lasagna**

Dietary guidelines have proven cholesterol in the diet should not exceed 200 ml/dl. Reducing cholesterol in the diet is a nutrition concern in order to reduce the risk of nutrition problems such as heart disease. A major ingredient in lasagna is ricotta cheese thus lasagna is considered to be a high cholesterol food choice. The main purpose of this research is to discover an appropriate cholesterol substitute that will produce a healthy, low cholesterol and low calorie product. This research will examine the different types of tofu that can be used as a cholesterol substitute in place of ricotta cheese in lasagna. In addition, this research will investigate the acceptability of lasagna using soft, medium firm, and extra firm tofu in place of ricotta cheese and compare attributes such as taste, appearance, flavor, texture, and overall quality to the control (traditional lasagna recipe) made with ricotta cheese as well as compared to each other. The outcome of this research will provide a healthy, low cholesterol and lower calorie alternative to lasagna allowing individuals a alternative to consume cholesterol in moderation.