

Veggie Lasagna

- 4-6 garlic cloves, chopped
- 1 onion, diced
- 8 large button mushrooms, sliced
- 1/4 cup low-sodium veg. broth, for sautéing
- 10 oz. fresh spinach
- 1 t. Italian seasoning (see below)
- 6 1/4 cups marinara sauce (I used Wegman's Chunky Marinara)
- 12 lasagna noodles, uncooked (I used brown rice noodles to make this gluten free)
- 1 recipe vegan Ricotta Cheese (see below)

Preheat oven to 375.

Saute the garlic, onion and mushrooms in veg. broth until tender. Add spinach and cook until it wilts. Stir in Italian Seasoning and set aside.

In a 9 x 13 casserole dish, assemble lasagna in this order: 1/2 cup marinara, 4 noodles, half the ricotta, half the spinach-mushroom mixture, 1 3/4 cup marinara, 4 noodles, remaining ricotta, remaining spinach-mushroom mixture, 1 3/4 cup marinara, 4 noodles, remaining marinara.

Lasagna noodles are layered uncooked.

Bake for 60-80 minutes (I baked for 60, since brown rice pasta cooks faster than whole wheat).

Let stand for 20-30 minutes before serving, or serve the next day.

This recipe looks like a lot of work, but I think it is quicker than a traditional lasagna recipe, and it goes together pretty quickly.

Italian Seasoning

- 1 t. dried oregano
- 1 t. dried basil
- 1 t. dried rosemary
- 1 t. dried thyme
- 1 t. dried marjoram

(I combine all these and store in an empty spice jar, then just take what I need for the lasagna recipe.)

Vegan Ricotta Cheese

3 garlic cloves

One 14-ounce block extra firm tofu, drained

1/4 cup nutritional yeast flakes

1/8 t. ground nutmeg

1/2 t. onion powder

1/8 t. cayenne pepper

1 T. lemon juice

1/2 t. salt

1/4 t. black pepper

Place all ingredients in food processor. Blend until smooth and creamy. Store in refrigerator.

Source: Paul Simpson