

vegetable lasagna

Makes 6 servings

PREP TIME: 20 minutes

COOK TIME: 40-45 minutes

Tofu Ricotta

1 lb firm tofu, pressed, patted dry and mashed

3 Tbsp nutritional yeast

½ cup fresh basil, finely chopped or 2 tsp dried

2 tsp dried oregano

1 Tbsp lemon juice

1 big garlic clove, minced

1 Tbsp extra virgin olive oil

1 tsp sea salt

pinch of black pepper

Lasagna

4 large zucchinis

1 25-oz to 28-oz jar of your favorite marinara sauce
(I like the 365 Organic Marinara)

PREHEAT oven to 375°F.

COMBINE tofu ricotta ingredients in a medium size mixing bowl and mix well.

THINLY slice zucchini into long strips using a mandolin or long knife (try to make them even thickness).

LINE a baking sheet with paper towels or clean tea towels then lay the zucchini strips on top of the paper towel. You will likely need two baking sheets. Sprinkle with sea salt and allow to sit for at least 15 minutes.

AFTER 15 minutes, the zucchini should have released a lot of moisture. Pat them dry. (Don't skip this step!)

IN a 9x13 baking dish, evenly cover the bottom with about ½ cup pasta sauce.

ADD a layer of zucchini, completely covering the bottom. Next, add about ⅓ - ½ cup tofu ricotta and smooth it over the zucchini, then add a thin layer of sauce (about ¼ cup).

REPEAT again with the zucchini going the opposite direction until you've used all your ingredients.

FOR your final layer, do a layer of zucchini, then top with ⅓ - ½ cup of sauce. Spread evenly across the top.

BAKE on the center rack for 40-45 minutes or until the zucchini is cooked through.

ALLOW to cool for 10 - 15 minutes before slicing.

