

Hearty Vegetable Lasagna

By Lauren December 13, 2020

Ricotta Filling

3 small Cauliflower

About 1/3 cashews in ratio to cauliflower or about 2 cups

Steam until tender

Blend with basil (4 oz. pkg.) in food processor, add

Avocado oil (or other) to smooth consistency

Sprinkle with oregano, parsley flakes, salt, pepper, and basil.

Tomato Sauce:

2 cans 15oz. tomato sauce (salt, onion pdr., citric acid, garlic pdr.)

1 28.2 oz. can crushed tomatoes

1 jar 32 oz. marinara sauce

Zucchini sliced in strips and diced

Pkg. of plant based Mozzarella shredded cheese

Pkg. of plant based parmesan

Pasta:

10 oz. pkg. of lasagna noodles (a few left over)

Pkg. of jumbo shells

Layering

Tomato sauce, noodles, chopped squash, ricotta sauce, mozzarella cheese

Tomato sauce, noodles, ricotta sauce, chopped squash, zucchini strips, tomato sauce, noodles.

Tomato sauce to cover noodles, mozzarella cheese, parmesan cheese, sprinkle with parsley flakes, basil and oregano.

Cover with foil, bake at 425, 30-45 minutes.

Jumbo shells layering

Sauce, shells stuffed with ricotta, chopped zucchini, mozzarella cheese, tomato sauce, parmesan cheese, sprinkle with parsley flakes, salt, oregano, and basil.

Cover with foil, bake at 425, 30-45 minutes.