

Vegan Lasagna

Original Recipe by Shawna Horton for Power Nation Family



Ingredients:

1 zucchini	2 Roma tomatoes, sliced
1 squash	Fresh basil leaves
1 eggplant	1/2 C ground walnuts*
Avocado oil	Italian red sauce with mushrooms**
1 sweet potato	Vegan ricotta cheese (Kite Hill brand)
1 bag organic spinach	1/2 bag plant-based shredded mozzarella
1/2 C water	

Directions:

Using a mandolin, slice eggplant into 1/8-inch-thick rounds. Cover with salt and set aside for 1 hour. This brings the liquid out.

Preheat oven to 400 degrees. Rinse eggplant rounds and pat dry. Place on baking sheet with parchment paper and coat both sides with avocado oil and bake for 30 minutes.

Using a mandolin, slice zucchini and squash lengthwise, into 1/8-inch-thick slices. Wash and peel sweet potato. Use mandolin to cut into 1/4-inch-thick slices.

Add bag of spinach to steamer pot with 1/2 C water. Cover and steam over medium-low heat until spinach has wilted. Check and toss with tongs often. Drain once done.

Coat lasagna pan with avocado oil and use a brush to cover the bottom. Cover the bottom of the pan with sweet potato slices. Cover sweet potatoes with a layer of red sauce. Add a layer of eggplant slices. Cover eggplant slices with walnuts. Add another layer of red sauce. Cover red sauce with layer of squash and zucchini slices. Cover squash/zucchini layer with vegan ricotta cheese. Cover ricotta layer with wilted spinach. Add another layer of red sauce. Top with Roma tomato slices, plant-based mozzarella, and fresh basil leaves. Cover with foil and place on center oven rack. Bake at 400 degrees for 30 minutes. Remove from oven, remove foil, and test lasagna with a fork – your fork should pierce vegetables easily with no resistance. Return to oven and continue baking uncovered for 15 minutes. Remove from oven and make sure fork easily pierces all vegetables.

“Gorgeous! Can’t wait to eat it! It is vegan and yummy and terrific! Thank you, Mrs. Horton. Yeehaw! That is nuts man – let’s go.” – TH

*Whole walnuts can be ground in food processor or a coffee grinder, or by hand with a large chopping knife (this will take a little longer).

**See recipe for Italian Red Sauce with Mushrooms

