



Adventist[®]
HealthyYOU

JOY OF EATING

<https://nadhealth.org>



Vegan Lasagna

By Gemalli Austin, DrPH, RD

Ricotta style Ingredients

- 14 oz water packed extra-firm drained tofu
- 2 Tbsp of lemon
- 1 tsp of garlic powder
- 2 Tbsp of onion powder
- 1-2 tsp of salt
- 1 tsp of honey
- 1/4 cup of yeast flakes
- 2 Tbsp of basil (dry) or 2-3 cups of fresh basil.

Green Ingredients

- onion
- garlic
- 1/2 cup of peppers
- 1 Tbsp of liquid amino
- 2-3 cups of green (spinach, kale or sweet potatoes leaves)

“Cheese” Sauce Ingredients

- 1 cup of water
- 1 cup of cashews
- 1/4 cup yeast flakes
- 2 Tbsp of lemon
- 2 tsp of garlic
- 1 Tbsp of onion
- 1-2 tsp of salt

Instructions

Prepare Ricotta-style filling:

1. By mashing 14 oz water packed extra-firm drained tofu, 2 Tbsp of lemon, 1 tsp of garlic powder, 2 Tbsp of onion powder, 1-2 tsp of salt, 1 tsp of honey, 1/4 cup of yeast flakes, 2 Tbsp of basil (dry) or 2-3 cups of fresh basil.

Prepare green:

1. In a skillet saute onion until soft
2. Add garlic, 1/2 cup of peppers, 1 Tbsp of liquid amino, 2-3 cups of green (spinach, kale or sweet potatoes leaves)

Prepare “Cheese” Sauce:

1. Blend 1 cup of water, 1 cup of cashews, 1/4 cup yeast flakes, 2 Tbsp of lemon, 2 tsp of garlic, 1 Tbsp of onion, 1-2 tsp of salt

Bonus Tips

Assemble Lasagna:

1. Coat large baking dish with no-stick spray.
2. Pour layer of spaghetti sauce, place uncooked noodles, 1/2 ricotta, cheese sauce, spaghetti sauce.
3. Repeat layers.
4. Bake 350 for 50 minutes.