

VEGAN LASAGNA

Start-to-Finish Time: About 1 hour 30 minutes

Servings: 9

Ingredients

For the Lasagna

- 1–2 tablespoons olive oil
- 1 small onion, diced
- 2–3 cloves garlic, minced
- 2 carrots, diced (about 1 cup)
- 1 zucchini, diced (about 2 cups)
- 1 yellow squash, diced (about 2 cups)
- 8 oz. mushrooms, chopped
- 1/2 teaspoon Italian seasoning
- Salt and black pepper, to taste
- 3 cups fresh spinach
- 1 jar (25–28 oz.) pasta sauce, about 3 cups
- 9 no-boil lasagna noodles, or enough to create 3 layers
- 2 cups tofu ricotta (**see recipe below**)
- 1–2 cups shredded vegan mozzarella cheese
- Vegan Parmesan, optional, for serving
- Fresh basil leaves, optional, for serving

Instructions

1. Preheat the Oven

Preheat oven to **375°F**.

2. Sauté the Vegetables

Heat the olive oil in a large skillet over medium heat.

Add the onion and garlic and sauté for about **4–5 minutes**, until the onion begins to soften.

Add the carrots, zucchini, yellow squash, mushrooms, Italian seasoning, and a generous pinch of salt and pepper.

Cook for another **5–7 minutes**, stirring occasionally. Avoid overcooking the zucchini, squash, and mushrooms, since they will continue to cook and release moisture while the lasagna bakes.

Add the fresh spinach and cook for another **1–2 minutes**, just until wilted. Remove from heat.

3. Assemble the Lasagna

Spread about **1/3 cup of pasta sauce** over the bottom of a **9 x 12-inch baking dish**.

Layer as follows:

- No-boil lasagna noodles
- Half of the tofu ricotta
- Half of the vegetable mixture
- A layer of pasta sauce
- No-boil lasagna noodles
- Remaining tofu ricotta
- Remaining vegetables
- A layer of pasta sauce
- Final layer of no-boil lasagna noodles
- Remaining pasta sauce
- Shredded vegan mozzarella cheese

Make sure the top layer of noodles is completely covered with sauce so the no-boil noodles have enough moisture to soften while baking.

4. Bake

Cover the baking dish tightly with aluminum foil.

Bake on the center rack for **50 minutes**.

Remove the foil and bake for another **10 minutes**, allowing the vegan mozzarella on top to melt and the lasagna to develop a lightly baked finish.

5. Rest

Remove the lasagna from the oven and allow it to rest for **10–15 minutes** before slicing.

6. Serve

Top with vegan Parmesan and fresh basil leaves, if desired.

TOFU RICOTTA

Makes: About 2 cups

Ingredients

- 1 block (14 oz.) tofu, soft, firm, or extra-firm
- 1–2 tablespoons nutritional yeast
- 2 teaspoons mellow white miso
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Juice of 1 lemon
- Salt and black pepper, to taste

Instructions

Crumble the tofu into the bowl of a food processor or blender.

Add nutritional yeast, miso, garlic powder, onion powder, lemon juice, salt, and pepper.

Blend until creamy, stopping as needed to scrape down the sides.

Taste and adjust the seasonings, lemon juice, or nutritional yeast as desired.

Use approximately **2 cups of tofu ricotta** in the lasagna.