

Vegetable Lasagna

Swick

Makes 3 -quart dishes | Active Time: 1 hour 15 minutes | Total Time:

Chef's Notes

Suggested adult serving: ¼ lasagna (2-quart dish)

Store any leftover lasagna in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Soaked Cashews: Soak cashews in very hot water for 15 minutes, drain the water, then rinse the nuts. You can also soak them in batches to save time, place portions in airtight containers, then chill in the refrigerator for up to 5 days or freeze for up to 3 months.

Basil: Feel free to swap in parsley, oregano, or a mix of any fresh herbs for the basil.

Marinara Sauce: Oil-free sauces can be hard to find, but you can find fat-free marinara sauce from Delallo, 365 Everyday Value, SimplyNature, Lucini, and Gefen. Trader Giotto's Pizza Sauce is another tasty oil-free option.

Nutritional Yeast: Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use ⅓ cup for every 1 cup of flakes specified in a recipe.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: Make Lasagna

- 1 cup diced butternut squash cut into medium dice (≈1 cup)
- 8 ounces sliced button mushrooms (≈1 1/2 cups)
- 1/2 yellow onion chopped (≈1/2 cup)
- 1/2 green bell pepper chopped (≈1/2 cup)
- 1 1/2 cloves garlic minced (≈1 1/2 teaspoons)
- 2 1/2 oz spinach stemmed & chopped (≈2 1/2 cups)
- 2/3 (24-oz) jar marinara sauce (≈2 cups)
- 1/2 (15-oz) can low-sodium diced tomatoes with their juices (≈1 cup)
- 1 teaspoon Italian seasoning
- 6 whole-grain lasagna noodles (≈6 oz)
- 1/2 (15-oz) can pinto beans or white beans, drained & rinsed (≈3/4 cup)
- 1/3 cup raw, unsalted cashews soaked (see tip)
- 1/4 cup nutritional yeast (divided)
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/3 cup unflavored plant milk, plus more as needed (≈1/3 cup)
- freshly ground black pepper
- sea salt
- 2 tablespoons fresh basil (optional) chopped

STEAM SQUASH

In a steamer insert set over boiling water, steam butternut squash, covered, until tender when pierced with a fork, 8 to 10 minutes. Remove from heat and let cool.

COOK PASTA

Cook lasagna noodles according to package instructions. Drain well in a colander.

SAUTÉ AROMATICS

In a stockpot over medium heat, cook mushrooms, onions, bell peppers, and garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

MAKE TOMATO-VEGETABLE SAUCE

Add spinach to the aromatics and cook until spinach has wilted, 2 to 3 minutes. Stir in marinara sauce, butternut squash, diced tomatoes with their juices, and Italian seasoning. Increase heat to high and bring to a boil. Reduce heat to medium-low and simmer for 5 minutes.

PREHEAT THE OVEN

While sauce is cooking, preheat the oven to 350°F. Line a 2-quart baking dish with aluminum foil.

MAKE CREAMY BEAN-CASHEW SAUCE

In a high-powered blender (or food processor), combine pinto beans, soaked cashews, 3 tablespoons nutritional yeast, garlic powder, and onion powder. Gradually add plant milk until sauce reaches the consistency of hummus. Season with salt and pepper to taste.

PREPARE LASAGNA

To assemble lasagna, spread 1/2 cup tomato-vegetable sauce in bottom of prepared dish. Take half the lasagna noodles and place on top of the sauce. Take half the creamy bean-cashew sauce and pour it over the noodles. Then take half of the remaining tomato-vegetable sauce and pour it over the cashew sauce. Repeat layers.

BAKE LASAGNA

Bake until lasagna is lightly browned and bubbling around the edges, 45 minutes.

SERVE

Sprinkle with remaining nutritional yeast and fresh basil, if desired.