

RAISE THE ROOF LASAGNA

INGREDIENTS

- 1 onion, diced
- 1 garlic clove, chopped
- 8 oz mushrooms, sliced
- 1 small head of broccoli, cut small
- 2 carrots, diced
- 1 red pepper, diced
- 1 cup frozen corn
- 1 12 oz package firm tofu, drained
- 1 container of vegan ricotta cheese (Kite Hill)
- ½ tsp cayenne pepper
- 1 tsp basil
- 1 tsp rosemary
- 1 tsp oregano
- 1-2 jars oil free pasta sauce
- 1 box whole wheat/brown rice lasagna noodles, uncooked
- 1 large sweet potato, peeled, cubed
- 4 roma tomatoes, sliced
- 1 cup raw cashews, ground



DIRECTIONS

1. Preheat oven to 400°F.
2. Put the cubed sweet potatoes in a steamer pan to cook.
3. Sauté the onion and garlic on high heat for 3 min in a large skillet. Add mushrooms and cook another few minutes until they release their juices. Remove to a large bowl leaving the juices in the pan.
4. Sauté the broccoli and carrots for 5 min and add to the veggie bowl.
5. Sauté the red pepper and corn for 3 min and add to the veggie bowl.
6. Add the cayenne pepper, basil, and rosemary to the veggie bowl.
7. In another bowl, crumble the tofu and combine with the almond ricotta and oregano.

DIRECTIONS FOR LAYERING THE LASAGNA

1. Cover the bottom of a 13x9 baking pan with sauce and add a layer of noodles (uncooked), and another layer of sauce.
2. Top with ½ of the veggie mixture, then ½ of the tofu mixture.
3. Add another layer of noodles then sauce. Layer all the spinach evenly then spread all the sweet potatoes over the spinach.
4. Add another layer of noodles and sauce. Add the remainder of the veggies topped with the remainder of the tofu mixture.
5. Add another layer of noodles, top with sauce. Add the sliced roma tomatoes to cover the top of the lasagna.
6. Put foil over the top and bake for 45 min covered at 400°F.
7. Remove foil, sprinkle the cashews over the top, and bake another 15 min.
8. Let rest at least 15 min before serving.