

# VEGAN LASAGNA WITH BASIL PESTO

## INGREDIENTS FOR THE LASAGNA

- 1 box** Whole wheat lasagna noodles **OR** gluten-free brown rice **OR** quinoa noodles)
- 1/2 pkg** Mozzarella Style Shreds (vegan) (Daiya)
- 1/2 C** Panko crumbs (gluten-free) (optional)

## INGREDIENTS FOR THE PESTO

- 4 C** Basil leaves (whole) (loosely packed)
- 1 C** Walnuts
- 1/4 C** Nutritional yeast
- 2 cloves** Garlic (peeled)
- 1 t** Lemon juice
- 1/2 t** Sea salt
- 1/2 C** Water (more as needed)



## INGREDIENTS FOR THE VEGETABLE SAUCE

- 1** Onion (large) (peeled) (coarsely chopped)
- 3 cloves** Garlic (peeled & crushed)
- 2 T** Olive oil (or water)
- 10** Crimini mushrooms (large) (washed & sliced)
- 1** Zucchini (large) (washed & sliced into 1/2 moons)
- 1** Summer squash (yellow) (large) (washed & sliced into 1/2 moons)
- 1 bunch** Spinach (or chard w/o stems) (washed & chopped)
- 1** Tomatoes (crushed) (28 oz can)
- 1** Tomato paste (6 oz can)
- Basil (dried), oregano, thyme, sea salt & pepper (to taste)

## DIRECTIONS FOR THE SAUCE

- 1** Sauté the onion & garlic in olive oil (or water) until the onions become see thru
- 2** Add the mushrooms & cook until mushrooms start to become soft
- 3** Add the zucchini & yellow squash and cook until slightly soft
- 4** Add in the spinach & cook until wilted
- 5** Add the tomatoes (with the juice)
- 6** Stir in spices to taste
- 7** Add the tomato paste & stir until thoroughly blended in
- 8** Simmer about 10 minutes then set aside.

## PREPARE PESTO

- 1** If you have a high-powered blender, toss everything in (basil with stems & all other ingredients)
- 2** Blend until whipped

**See page 2 below for the DIRECTIONS to complete this recipe**

# VEGAN LASAGNA WITH BASIL PESTO



## DIRECTIONS TO COMPLETE THE LASAGNA

- 1 Preheat oven to 375 F
- 2 Place about 1 cup of the sauce on the bottom of an 8 x 10 baking dish
- 3 Lay down the first layer of noodles
- 4 Add more sauce to cover (about 1/2 of what's left)
- 5 Lay down the next set of noodles
- 6 Spread all of the pesto on top of the noodles
- 7 Add a final noodle layer
- 8 Top noodles with the remaining sauce
- 9 Cover the sauce with Daiya cheese shreds to your liking
- 10 Add bread crumbs if desired
- 11 Cover with foil and bake about 45 minutes
- 12 Remove foil & bake another 15 minutes or until cheese is melted & lasagna is soft all the way through when tested with a fork

