



ZUCCHINI NOODLE LASAGNA



METHOD
NO COOK



TIME
45 MIN



SERVES
4 SERVINGS

INGREDIENTS

For the "ricotta":

3 c raw cashews, soaked for
15 minutes in warm water
(removed from water before processing)
½ c water
2 T nutritional yeast
½ c fresh basil
2 tsp dried oregano
2 T fresh lemon juice
1 T olive oil
Salt and pepper to taste

For the sauce:

3 T olive oil
½ c gluten-free flour blend
3 c unsweetened almond milk
2 tsp cider vinegar
1 garlic clove, chopped
3 c frozen spinach
(thawed and moisture taken out)
2 c ground turkey or
1 package extra firm tofu crumbled
Salt and pepper to taste

DIRECTIONS

Pre-heat oven to 375.

Combine all ingredients for vegan ricotta in a food processor; slowly add water to realize desired consistency (should be like regular ricotta). In a saucepan, combine ingredients for the sauce, slowly adding the almond milk, whisking as you go. Add the spinach to the creamy sauce.

Thinly slice zucchini and set to the side. In a 9x12 baking dish, begin with a layer of sauce, zucchini noodles and vegan ricotta. Alternate as you go until the zucchini is used up and end with a layer of sauce. Bake covered for 45 minutes and uncovered for 10 - 15 minutes longer. The zucchini should be cooked completely through and easy to cut.

THIS CAN BE MADE AHEAD, CUT INTO INDIVIDUAL PORTIONS AND FROZEN FOR AN EASY WEEK-NIGHT MEAL! LET IT COOL COMPLETELY BEFORE FREEZING.

3 large zucchini, thinly sliced