

Vegetable Lasagna

Ingredients:

- 1-2 medium eggplants (sliced $\frac{1}{4}$ in thick, lengthwise)
- 8 lasagna noodles
- 12oz bag mozzarella
- 1 cup Parmesan, divided

For the lentil sauce:

- 1 tablespoon olive oil
- 2 carrots diced
- 1 cup yellow onion diced
- 1-2 zucchini diced
- 4 garlic cloves minced
- 1 cup lentils (green, brown or red)
- 1 $\frac{1}{2}$ cup vegetable or beef broth
- 14 oz. tomato sauce (1 can)
- 2 cups marinara sauce
- $\frac{1}{3}$ cup fresh basil chopped or 1 t dried basil
- 1 t dried oregano

- $\frac{1}{2}$ teaspoon red pepper flakes
- 1 Tbsp maple syrup or sub
- 8 oz. shredded mozzarella or parmesan vegan

For the cheese mix:

- 1 egg (add egg last)
 - 3 cups small curd cottage cheese
 - Spinach
 - $\frac{1}{4}$ cup Nutritional yeast
 - $\frac{1}{3}$ cup grated Parmesan cheese
 - 1 tablespoon olive oil
 - 2 tablespoons dried parsley leaves
 - $\frac{1}{2}$ t oregano
 - 1 teaspoon kosher salt
 - $\frac{1}{2}$ teaspoon ground black pepper
- (Adjust salt and pepper as needed)*

Instructions:

1. Heat olive oil in a large, deep skillet over medium heat. Add the carrots, onion and zucchini and sauté until soft, about 7 minutes. Then, add the garlic and sauté for 2 minutes.
2. To that same skillet, add rinsed lentils, vegetable or beef broth, tomato sauce, 2 cups of the marinara sauce, water, basil and oregano, and red pepper flakes. Bring the mixture to a boil, then cover, reduce heat to a simmer and simmer the mixture for 35-40 minutes, stirring occasionally, until the lentils are tender.
3. While the lentil mixture is cooking, generously salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes.
4. Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.

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5. Arrange slices on 1-2 baking sheets in an even layer and drizzle with a little olive oil. Bake in a 425°F (218°C) oven for 13-15 minutes. Remove from oven and reduce oven heat to 375°F (190°C).

(If using lasagna noodles, boil, drain and set aside lay each noodle out flat on a clean surface to prevent them from sticking or tearing)

Cheese filling

1. In skillet at medium heat, add a ¼ cup stock and spinach in batches as it starts to wilt, stirring in between. Transfer to a bowl and let cool.
2. In a medium bowl, add cottage cheese, oregano, spinach, parm, salt and pepper, parsley, oil and nutritional yeast. Taste for seasoning then add egg, If using cheese with large curds, puree with an immersion blender until smooth. Set aside.

Assemble Lasagna

1. Spray a lasagna pan with nonstick spray.
2. Add a layer of lentil Bolognese to the bottom
3. Lightly sprinkle mozzarella
4. Top with baked eggplant
5. then spread a layer of the cheese mixture
6. Repeat with another layer of Bolognese
7. Add layer of noodles
8. Ricotta, eggplant, Bolognese, mozzarella until layers complete
9. Top with mozzarella and additional Parmesan

Cover the dish with foil, then bake the lasagna for 20 minutes. Remove the foil and continue baking until the cheese has melted, 10-15 minutes. Remove from the oven and wait at least 10 minutes before slicing. Enjoy!

Notes: Calories are per slice and are an estimation. You can substitute brown or green lentils if you prefer, but the texture will be slightly different. I would NOT use red lentils!

Makes 12 servings

1 serving: Calories: 233kcal | Carbohydrates: 30g | Protein: 11g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 15mg | Sodium: 651mg | Potassium: 433mg | Fiber: 5g | Sugar: 6g | Vitamin A: 2414IU | Vitamin C: 11mg | Calcium: 154mg | Iron: 2mg