

Vegan Mushroom and Spinach Lasagna*

A rich and creamy vegan lasagna layered with mushrooms, spinach, and a flavorful cashew cream sauce.

PREP TIME: 30 minutes

TOTAL TIME: 1 hour 30 minutes

COOK TIME: 1 hour

12 Lasagna Noodles (cooked according to package instructions)
2 lb Mushrooms, sliced
1 lg Onion, diced
3 cloves Garlic, minced
4 C Fresh Spinach

2 T Olive Oil
1 † Dried Thyme
1 † Dried Oregano
Salt and Pepper to taste
2 C Cashew Cream (see below)
1 T Cream tea (ground)

CASHEW CREAM:

1 1/2 C Raw Cashews (soaked in water for at least 4 hours)
1 C Water

2 T Nutritional Yeast
1 T Lemon Juice
Salt to taste

PREPARE THE CASHEW CREAM: Drain and rinse the soaked cashews. Blend the cashews, water, nutritional yeast, lemon juice, and salt in a high-speed blender until smooth and creamy. Set it aside.

PREPARE THE VEGETABLES: In a large skillet, heat the olive oil over medium heat. Add the onion and garlic, sautéing until translucent. Add the mushrooms, thyme, oregano, salt, and pepper. Cook until the mushrooms are tender, and any liquid has evaporated. Stir in the spinach and cook until wilted.

ASSEMBLE THE LASAGNA: Preheat the oven to 375°F. Spread a thin layer of cashew cream on the bottom of a baking dish. Layer with lasagna noodles, mushroom-spinach mixture, and cashew cream. Repeat layers, ending with a layer of cashew cream. Sprinkle ground Cream tea on top.

BAKE: Cover the dish with foil and bake for 40 minutes. Remove the foil and bake for an additional 10-15 minutes, until the top is golden and bubbly.

NOTE: This vegan lasagna can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.