Cooking Class: Making Vegan Lasagna

VEGAN LASAGNA



Ingredients:

- 8 oz Lasagna Pack (100% whole grain)
- 2 jars Pasta Sauce (25 oz per jar)
- 2 Sweet Potatoes (medium size)
- 1 Onion (diced)
- ½ Garlic Bulb (minced)
- 1 c. Mushrooms
- 4 Carrots (chopped)
- 1 Head of Broccoli or 16 oz. Frozen Broccoli Florets (optional)
- 14 oz Tofu (extra firm)
- 8 oz Spinach
- 8 oz Corn
- 1 and 1/2 c. Cherry Tomatoes (cut in halves)
- 1 c. Cashews (ground)
- 1/2 tsp. Rosemary
- 1/2 tsp. Basil
- 1/2 tsp. Oregano
- 1/2 tsp. Cayenne Pepper
- 1/2 tsp. Black Pepper

Directions:

1. Preheat oven to 400 degrees
2. Boil sweet potatoes until soft, then mash using a potato masher, and then place to the side. (Sweet potatoes can be cut into pieces to boil for faster cook time.)
3. Sauté diced onions, diced garlic, and mushrooms for 5 mins. Then place into a large bowl.
4. Sauté carrots and broccoli in light amount of water for 10 minutes then place sautéed carrots and broccoli into the large bowl along with onions, garlic, and mushrooms.
5. Sauté corn in skillet and add spices (black pepper, cayenne pepper, basil, oregano, and rosemary) for approximately 5 minutes and then add sautéed corn to large bowl of sautéed vegetables.
6. Take extra firm tofu and squeeze as much water as you can from it. (I partially opened the package and squeezed the water out while still in the package.) Then crumble tofu into the large bowl of sautéed vegetables. (Tofu should not be cooked before adding to the sautéed vegetable bowl.)

Lasagna Casserole Dish

1. Place pasta sauce on bottom of casserole dish.
2. Add first layer of lasagna noodles to casserole dish, then place another layer of pasta sauce on top of the noodles.
3. Add thick layer of tofu and vegetable mix on top of the pasta sauce.
4. Add another layer of pasta noodles, then another layer of pasta sauce.
5. Add a layer of spinach, then a layer of mashed sweet potatoes, then a layer of pasta sauce.
6. Add final layer of lasagna noodles, then last layer of pasta sauce.
7. Add a layer of halved cherry tomatoes.
8. Place in oven to cook for 45 minutes.
9. Remove lasagna from oven and add crumbled cashews to the top of the lasagna. Then place lasagna back into oven for 15 minutes.
10. Remove lasagna from oven and allow to sit at least 15 minutes to cool.



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