Cauliflower Ricotta Lasagna Simplified!

Serving: 6

Ingredients

16 ounces riced cauliflower fresh or frozen

3 T. lemon juice

2 T. unsweetened nondairy milk (almond, soy, etc)

1 T. nutritional yeast

1 $\frac{1}{2}$ t. dried oregano

1 t. **salt**

½ t. black pepper

3 cups pasta sauce

1 box whole wheat lasagna

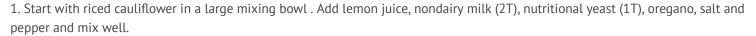
6 ounces fresh baby spinach

½ cup unsweetened nondairy milk (almond, soy, etc)

½ cup **nutritional yeast**



Step One: Making the Cauliflower Ricotta



Step Two: Assemble the Lasagna

- 1. Preheat oven to 350 and find either 2 loaf pans (if you want to freeze one for another night) or 1 rectangular pan.
- 2. Layer the ingredients in this order (split amounts in half if using 2 pans):

1 cup pasta sauce

uncooked lasagna noodles

1 cup cauliflower ricotta

uncooked lasagna noodles

1 cup pasta sauce

half of the spinach, finely chopped

uncooked lasagna noodles

1 cup cauliflower ricotta

half of the spinach, finely chopped

uncooked lasagna noodles

3. For the top layer, mix the last 1 cup of sauce with 1/2 cup of nondairy milk and 1/4 cup nutritional yeast. Pour over the top. Bake, uncovered, for 55 minutes (until noodles are cooked through).

Vegan Parmesan makes a nice topping, along with fresh basil.

