

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**

$\frac{1}{8}$ t. **black pepper**

3 cups **pasta sauce**

1 box **whole wheat lasagna**

6 ounces **fresh baby spinach**

$\frac{1}{2}$ cup **unsweetened nondairy milk** (*almond, soy, etc*)

$\frac{1}{4}$ cup **nutritional yeast**

Directions

Step One: Making the Cauliflower Ricotta

1. Start with riced cauliflower in a large mixing bowl. Add lemon juice, nondairy milk (2T), nutritional yeast (1T), oregano, salt and pepper and mix well.

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 $\frac{1}{2}$ cup of nondairy milk and $\frac{1}{4}$ 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.

