

KIM'S QUICK LASAGNA

SERVES: 4 PREP TIME: 35 MINUTES

INGREDIENTS:

16 ounces riced cauliflower, fresh or frozen
3 tablespoons lemon juice
2 tablespoons + 1/2 cup unsweetened nondairy milk
1 tablespoon + 1/4 cup nutritional yeast
1.5 teaspoons dried oregano
1 teaspoon salt
1/8 teaspoon black pepper
2 cups + 1 cup pasta or marinara sauce
6 ounces fresh baby spinach, finely chopped
1 box whole wheat lasagna



DIRECTIONS:

Preheat oven to 350 F.

Step One: Make the Cauliflower Ricotta

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

In a rectangular baking pan, layer the ingredients in this order: sauce, noodles, 1/2 of cauliflower ricotta, noodles, sauce, 1/2 of spinach, noodles, 1/2 of cauliflower ricotta, 1/2 of spinach, noodles.

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).