

## Plant Based Zucchini Lasagna

Ingredients:

### **Fresh Marinara Sauce**

Ingredients

1 Onion – chopped

1 tbsp. – Olive oil

3 Garlic cloves

3 cups of fresh and stewed  
Tomatoes

1 tsp Oregano leaves

1 tbsp. Nutritional yeast (I like  
Bragg's)

### **Ricotta Cheese Plant**

**Based** (this also makes a great  
plant based cheese spread to  
bring to a happy hour)

3 cups raw Cashews (the broken  
cashes pieces work great)

1/4 cup Nutritional Yeast (rich  
in vitamin B)

2 Garlic Cloves (if you like a  
stronger garlic flavour add  
additional garlic)

Up to 1 cup water

Prep Time:

30 minutes

Cook Time:

40-50 minutes

Total Time:

90 minutes



### **Step 1 – Prepare the Marinara Sauce**

1. In a cast iron fry pan, add oil olive and bring to temperature. Add chopped onion and sauté.
2. Add remaining ingredients to your blender.
3. Once the onion is softened add to the blender and blend all ingredients. Pour from blender into a bowl, and refrigerate.

### **Step 2 – prepare the Ricotta Cheese**

1. Add 3 cups of raw Cashews to your blender and fill with water until the cashews are covered. Soak these over night for minimally 8 hours.
2. Pour soaking water from Cashews.
3. Add all ingredients to your blender and blend until creamy.
4. Add water as needed to get the desired consistency.
5. You can store this in the fridge for close to 5 days.

### **Parmesan Cheese – Plant Based – rich in vitamin B**

- 1 cup Pumpkin Seeds
- 2 tbsps. Nutritional Yeast
- 1 clove of Garlic
- 4 tbsps. Hemp Hearts

### **Plant Based Lasagna**

- Ricotta Cheese Plant Based – 3 cups
- 2 cups fresh Spinach.
- 2 large Zucchini
- 3 cups Marinara Sauce
- 4 plus tbsps. Plant Based Parmesan Cheese

### **Step 3 – prepare the Parmesan Cheese**

Add all the ingredients to a higher powdered bullet and blend until crumbly.

### **Step 4 – Put together the Lasagna dish**

1. Preheat oven to 350 F. 13 X 9 baking dish.
2. Cover base of dish (which ever ones you decide to use) with a thin layer of Marinara Sauce.
3. Add one layer of sliced Zucchini, not sliced to thin, but not too thick.
4. Add a small amount of Sea Salt to each piece of Zucchini.
5. Add one layer of the Ricotta Cheese.
6. Add one layer of Spinach.
7. Add another layer of sliced Zucchini. I like to layer the Zucchini in a different way for this second layer.
8. Cover with more Marinara sauce.
9. Sprinkle with the Parmesan cheese, plant based.
10. Bake for 30 to 45 minutes until the Zucchini is tender and thoroughly cooked.
11. Refrigerate and enjoy within 5 to 7 days.

Another option:

Prepare the dish and do not bake. Freeze until you are ready to bake and bake for closer to 1 hour.

This dish is a great option to bring to dinner with friends and family. Most do not realize this is a plant based dish.