

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)

Juice from 1 Orange

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

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

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.
- 3 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. You will need either one – 13 X 9 baking dish; or 2 to 3 loaf pans.
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 one layer of the Ricotta Cheese.
5. Add one layer of Spinach.
6. Add another layer of sliced Zucchini. I like to layer the Zucchini in a different way for this second layer.
7. Cover with more Marinara sauce.
8. Sprinkle with the Parmesan cheese, plant based.
9. Bake for 30 to 45 minutes until the Zucchini is tender and thoroughly cooked.
10. 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.