

Vegetable Lasagna

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Lasagna noodles	9	each
Water	6	cups
Salt, divided	2	teaspoon
Onion, small dice	1	cup
Fresh garlic, minced	2	tablespoons
Zucchini, rough chopped	2	cups
Baby spinach, rough chopped	1	pound
Fresh broccoli florets, chopped	1	pound
Non-dairy margarine	2	ounces
Non-dairy mozzarella cheese, shredded, optional	1	cup
Black pepper	1	teaspoon
Alfredo Sauce		
Non-dairy margarine	2	ounces
All-purpose flour	2	ounces
Non-dairy milk	2	cups
Nutritional yeast	¼	cup
Water	1	cup
Salt	2	teaspoons
Black pepper	2	teaspoons

Preparation

1. Put noodles in boiling water with 1 teaspoon salt. Cook until tender, about 10-12 minutes.
2. Sweat onions and garlic in the margarine.
3. Add zucchini, broccoli and baby spinach. Cook for 10 minutes.
4. Prepare alfredo as follows:
 - a. Melt margarine
 - b. Add flour and cook until it emits a nutty aroma.
 - c. Add non-dairy milk, nutritional yeast, water, salt, and pepper. Stir and cook until thick and bubbly.
5. In a pan, layer with Alfredo on bottom, noodles, and vegetables, repeat with top layer of sauce. Top with mozzarella cheese, if using.
6. Bake at 350 degrees Fahrenheit until the internal temperature reaches 165 degrees, approximately, 20-25 minutes.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 324 Total Fat: 12g Saturated Fat: 2g Trans Fat: 0g Monounsaturated Fat: 3.7g Polyunsaturated Fat: 3g Carbohydrate: 44g Fiber: 6.3g Total Sugars: 3g Protein: 13g Sodium: 836mg Vitamin A: 269mg Vitamin C: 49mg Calcium: 102mg Iron: 3mg Folate: 123mcg

