

Lasagna



Ingredients:

Brown rice or chickpea lasagna pasta

1 cup dried red lentils

60 oz marinara sauce

1 teaspoon dried basil

1 teaspoon oregano

2 cloves garlic, minced

3 cups baby spinach

1 zucchini, sliced thin

2 cups mushrooms

Any other vegetables you like

Vegan Ricotta

2 1/2 cup raw sunflower seeds

2 Tablespoon lemon juice

3 Tablespoons dried and ground shiitake mushrooms

4 cloves garlic

1 teaspoon sea salt

8-12 tablespoons water

Directions:

Cook lentils. Add them to marinara sauce along with the basil, oregano, and garlic. Cook noodles. Blend ingredients of the vegan ricotta.

Preheat the oven to 350° F. Put a little sauce in the bottom of a 9x13 baking dish, then layer noodles, sauce, spinach, zucchini, mushrooms, ricotta, until you have it all layered. Cover and bake 1 hour.