

Spinach Lasagna

A classic Italian dish made the plant-based way, so good that you won't have any leftovers!

Canned cannellini beans 3 ¾cup(s), drained, rinsed (2 cans)	Green Giant Riced Veggies Cauliflower 12oz
Raw unsalted cashews 1 ⅛cup(s)	Cooked spinach 12oz, drained
Fresh Basil Small package	Red onion 1large, finely diced
Fresh lemon juice ¼cup(s)	Tamari sauce ¼cup(s) or to taste
Miso paste ¼cup(s)	Hunt's Tomatoes sauce (no sugar) 6cup(s)
Nutritional yeast ¼cup(s)	Lasagna, No Boil noodles 1 package dry
Red pepper flakes ⅛tsp	Mrs Dash Original Blend Salt-Free Seasoning Blend 1Tbsp
Garlic 3tsp, minced, 2 tsp for bean mix, 1 tsp for onion layer	

Instructions

1. Preheat oven to 375°F. Make the filling in a large food processor fitted with the “S” blade by adding just the cashews and nutritional yeast and Mrs. Dash. Set aside 3 Tablespoons of that mixture in a small bowl. This will serve as Faux Parmesan as a topping. Then, add in all ingredients except riced cauliflower and spinach. Puree until smooth. Add riced cauliflower, spinach, and process again.
2. In a large non-stick sauté pan, sauté the onion in 2 tablespoons of water until translucent, about 8 minutes, adding more water if necessary. Add tamari and garlic

and sauté until browned. Taste mixture, adding more chopped garlic and tamari as you like. Cook until onions appear to be glazed and there is no more liquid left in the pan.

3. Pour 3 cups of the sauce in a lasagna pan or 9×13 inch pan. Place one layer of the no boil noodles on top. Cover the noodles with half of the bean/cauliflower / spinach mixture, then with half of the onion mixture. Place another layer of noodles on the onion mixture and add the remaining half of the bean/cauliflower mixture and the remaining half of the onion mixture. Place one more layer of noodles on top of the onion mixture and smother evenly with the remaining 3 cups of sauce. Sprinkle the Faux Parmesan (reserved cashew/ nutritional yeast/ Mrs. Dash mix if using).
4. Bake uncovered in a preheated 375°F oven for an hour. Let it sit for 10 minutes before slicing.