



DELICIOUS & SIMPLE VEGETABLE LASAGNA



THIS RECIPE MAKES ONE TRAY OF LASAGNA

PREP TIME: 30 MINUTES (WITH SAUCE READY)

COOK TIME: 40 MINUTES

TOTAL TIME: 70 MINUTES

Sauce

- Use the Easy Tomato Sauce recipe from breathebliss.ca/healthy-food-ideas

Vegetables & Spices

- 3 cups of vegetables of choice: choose from cremini mushrooms, bell peppers, carrots, zucchini, eggplant, squash, sweet potatoes, chopped or shredded
- 1 onion chopped
- 5 cloves of minced garlic
- 1 cup of fresh spinach or baby kale (optional)
- 1 tsp of salt, pepper, garlic powder (season to taste)

Cheese Options

- 3 cups shredded mozzarella cheese
- 1 cup grated Parmesan (optional)
- 1 container of ricotta cheese (optional)
- *Can use dairy free cheese

Noodle Options

- I love & use Over Ready Molisana (Specialty Egg Pasta) because they don't need to be boiled, they're easy to use & they taste homemade
- A great gluten free lasagna noodle is from Tinkyada
- You can also slice zucchini or eggplant & use this as the noodle layer



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Instructions

1. Defrost or make a fresh pot of sauce. Best to do this the day before so it's ready to go & to split the time it takes. The sauce takes roughly one hour.
2. Preheat the oven to 390°F.
3. Wash, chop, shred & sauté the vegetables in a large pan (excluding the spinach or baby kale) with 2 tbsp of olive oil, onions & garlic. Sauté on medium high heat for ~15 minutes stirring them with a wooden spoon occasionally until lightly cooked & until the water is absorbed from the vegetables. If using sweet potatoes, squash or any firm vegetable, bake at 400 °F for 20 minutes before adding into the sautéed vegetables. Sprinkle salt, pepper & garlic powder over vegetable mixture & stir.
4. Spread one layer of tomato sauce over the bottom of a large (preferably 10x15-inch) Pyrex dish.
5. Place a layer of lasagna noodles, then a layer of the vegetable mixture, spinach or baby kale, then sauce & sprinkle/spread cheese evenly or sparsely before repeating this step.
6. Repeat the layering process. It will be about 4-6 layers depending on how deep the dish is.
7. Cover with a sheet of aluminum foil large enough to cover the whole dish.
8. Bake at 390°F for 35 minutes, then remove the foil & bake uncovered for an additional 5 minutes.
9. Take the lasagna out of the oven & let it rest ~10 minutes before cutting to serve. Once made, the lasagna will last about 3 days in the fridge or freeze with extra sauce on top.