

# RAISE-THE-ROOF VEGETABLE LASAGNA

(a special recipe for a special occasion)

Serves 12-16 (I made two 9"x13"x2" pans with all these ingredients!!!)

1 onion, chopped

1 Tablespoon prepared minced garlic

8 oz mushrooms, sliced

2 cups frozen broccoli, thawed and chopped

2 carrots, chopped

2 red bell peppers, seeded and chopped

2 cups frozen corn, thawed

1 package firm tofu, drain by wrapping in paper towels

1/4 tsp cayenne pepper

1 teaspoon each of salt, oregano, basil and rosemary

3 jars pasta sauce

1 box whole grain lasagna noodles - I only used 6 noodles in each pan of lasagna

16 ounces frozen spinach, thawed and drained

2 sweet potatoes, cooked and mashed

4 Roma tomatoes, sliced thin

Parmesan substitute (or 1/2 cup raw cashews, ground)

Prepare all the vegetables. (Put the sweet potatoes on to cook; start the tofu to drain; thaw the spinach and drain; thaw the broccoli and chop, remove to a large bowl; clean and chop the onion; clean the carrots and chop; clean and chop the peppers; drain or thaw the corn, slice the mushrooms.) It's really nice if you have help in the kitchen for preparing all the vegetables!

Preheat oven to 400\*. Sauté the onion and garlic for 3 minutes in a large non-stick pan to which you add a little water to keep them from burning/sticking. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to the broccoli bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Sauté the carrots for 5 minutes and add to the vegetable bowl. Sauté

the peppers and corn until just beginning to soften. Add them to the vegetable bowl. Break up the drained tofu directly in the bowl and mix into the vegetables. Add spices to the vegetable bowl and combine.

To assemble: cover the bottom of 9-by-13 inch casserole with a layer of sauce. Add a layer of noodles (I used 3 for each layer). Cover noodles with sauce (noodles cook in oven, saving energy and time!) Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the 2<sup>nd</sup> layer of sauced noodles, cover with the mashed sweet potatoes. Add a last topping of sauce. Cover the lasagna with thinly sliced Roma tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews or equivalent, return to the oven for 15 minutes. Let sit for 15 minutes before serving.

Adapted from [The Engine 2 Diet](#) by Rip Esselstyn; used by permission

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