

Zucchini Lasagna

A plant-based twist on an Italian classic with layers of zucchini, pasta, marinara, and almond ricotta.



Zucchini-Almond Ricotta Ingredients

- 2 cups zucchini, cubed
- 1 ½ cups slivered almonds
- 1 cup hemp hearts
- ½ cup plant milk
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 2 Tbsp fresh basil
- 2 Tbsp lemon juice
- ½ tsp ground black pepper
- ¼ tsp salt (optional)

Marinara Ingredients

- 1 onion, chopped
- 1 carrot, grated
- 2 Tbsp minced garlic (1 Tbsp garlic powder)

Instructions

1. Make the ricotta blend. In a food processor, pulse the ricotta ingredients until it morphs into a spreadable consistency – it should resemble ricotta. Adjust seasonings, if desired. Set aside.
2. Make the marinara. Sauté the onion and carrot in a large saucepan. After 2-3 minutes, add the garlic and sauté another 1-2 minutes. Add in remaining ingredients and simmer for 5 minutes. Set aside.
3. In a large pot, boil the lasagna noodles per the package instructions, normally six to eight minutes. Drain and rinse with cool water. Set aside.
4. Preheat the oven to 375°F.
5. Assemble the lasagna. Spread 1 cup of the marinara on the bottom of a 9x13 baking dish or large casserole dish.
6. Lay 3-4 lasagna noodles evenly over the marinara. Spread one half of the ricotta over the noodles, then lay the zucchini slices, spread the remaining one half of the marinara on top.
7. Repeat.
8. Sprinkle the vegan mozzarella shreds, if desired.
9. Bake for 40-50 minutes, until nice and bubbly.
10. Allow the lasagna to rest for 10-15 minutes before cutting.

Notes

* I use my oil-free plant-based Mozzarella cheese - made of hemp hearts, cashews, and potatoes.

- 28 ounces crushed tomatoes (3 cups)
- 1 cup baby spinach, chopped
- ¼ cup nutritional yeast
- ¼ cup fresh basil, chiffonade
- 1 tsp onion powder
- 2 tsp Italian seasoning
- 2 tsp Herbs de Provence blend
- ½ tsp black pepper
- ¼-½ tsp red pepper flakes
- Salt to taste (optional)

Lasagna Ingredients

- 1-3 large zucchini, sliced lengthwise
- 10 ounces lasagna noodles
- Zucchini-Almond Ricotta (recipe above)
- Marinara (recipe above)
- 1-2 cups vegan cheese* (optional)