

ONE BITE

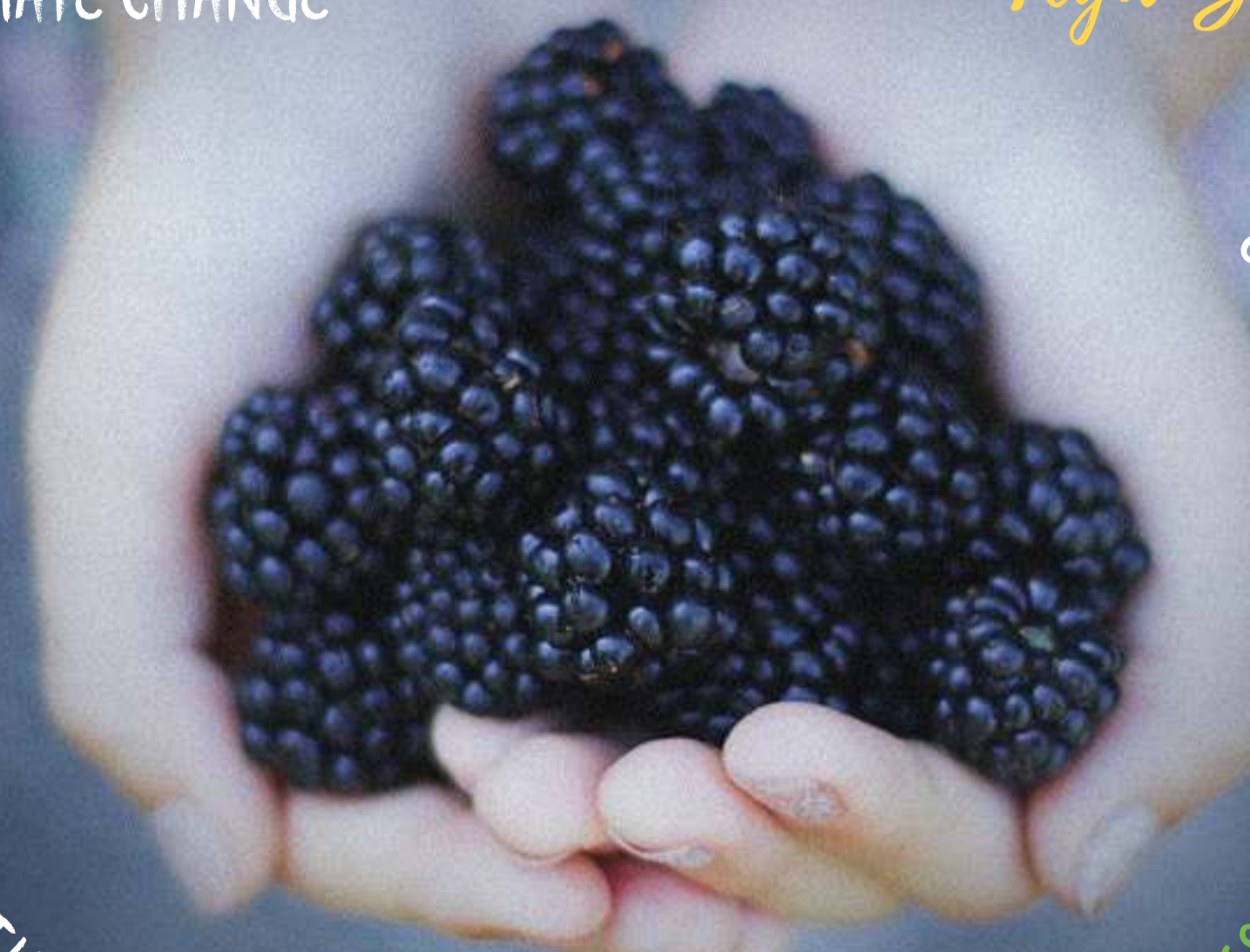
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Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

VEGAN LASAGNA

By Rosa from thishealthykitchen.com

This is seriously the BEST vegan lasagna. Made using wholesome ingredients and packed with delicious. The perfect dish for your next holiday meal.

PREP TIME: 1 hour 15 minutes
COOK TIME: 45 minutes

TOTAL TIME: 2 hours
SERVINGS: 12 slices

INGREDIENTS

CASHEW RICOTTA INGREDIENTS

- 1.5 cups raw cashews soaked
- 1 tbsp apple cider vinegar
- ¼ cup nutritional yeast
- ¼ tsp garlic powder
- 1 tsp salt
- ½ cup water
- 5 oz package baby spinach approx. 3 large handfuls (or 1 cup wilted)

MUSHROOM WALNUT BOLOGNESE SAUCE INGREDIENTS

- 1 tsp grape seed oil or your choice
- 220g package cremini mushrooms approx. 8 mushrooms
- 1 cup walnuts
- ½ cup sundried tomatoes
- 6 cups homemade tomato sauce or store bought
- ¼ tsp oregano
- ¼ tsp basil
- ½ tsp salt

PARMESAN CHEESE INGREDIENTS (OPTIONAL)

- ½ cup raw cashews
- 3 tbsp nutritional yeast
- ½ tsp salt
- Pinch garlic powder

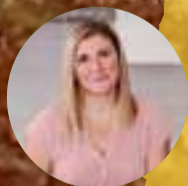
GRILLED VEGGIE INGREDIENTS

- 2 large portobello mushrooms sliced
- 2 zucchini sliced
- 1 tsp olive oil
- Salt + pepper to taste

LASAGNA NOODLES INGREDIENTS

- 454 g package lasagna noodles, gluten free if preferred you may also use ready to bake/no boil lasagna sheets to save time, but I prefer the taste and texture of traditional lasagna sheets

Rosa



Rosa is the recipe developer behind thishealthykitchen.com. Her website is a platform for her to share her love of food and passion for healthy cooking. On her website, you'll find heaps of delicious vegan recipes that the whole family will absolutely love.

Website: thishealthykitchen.com

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INSTRUCTIONS

CASHEW RICOTTA

1. Soak your cashews in boiling hot water for 30 minutes.
2. Meanwhile, wilt your spinach in a skillet with a few drops of water to get it going. Once wilted, lay the spinach on a clean dish towel, and press down with paper towels to squeeze the liquids out. You want to strain as much liquid as possible from the spinach.
3. Drain the cashews and add them to a food processor along with all remaining ingredients, EXCEPT the spinach. Process until smooth. This will take about 1-2 minutes, scraping down the sides every 30 seconds or so. Then add the spinach and pulse once or twice to get it incorporated. Do NOT over process the spinach. You do not want to puree the spinach or turn the cheese green. Instead you should see pieces of spinach throughout. See process pics above.
4. Transfer your ricotta into a small bowl and refrigerate until needed. It will thicken up a little more in the fridge.

MUSHROOM WALNUT BOLOGNESE SAUCE

1. Add mushrooms to your food processor and process until finely chopped. Then add the oil and the mushrooms to a large saucepan or pot. Cook the mushrooms for approx. 3 minutes, until slightly reduced.
2. Meanwhile, process the walnuts and sundried tomatoes in your food processor until crumbly texture is achieved. Then add to the pot with the mushrooms. Give it a stir and then add your tomato sauce and seasonings and mix well.
3. Simmer your sauce for 20 minutes and then set aside until ready to use.

PARMESAN CHEESE

1. Add all the ingredients to a food processor and process until a fine meal is achieved. Set aside.

GRILLED VEGGIES

1. Line a large baking sheet with parchment paper and set your oven to broil on high.
2. Arrange your sliced veggies in a single layer and drizzle with olive oil and sprinkle with salt and pepper. Broil for 4 minutes until lightly golden and reduced, watching carefully not to burn.
3. Remove from the oven and set aside.

INSTRUCTIONS

LASAGNA NOODLES

1. Bring a large pot of salted water to a boil and fill a large bowl with cold water. Place the bowl of cold water on your counter as close as possible to your boiling pot of water.
2. Add about half the package of lasagna sheets to your boiling pot of water. Do not overcrowd the pot. Cook for 2-3 minutes until softened, or according to package directions. Using tongs, carefully transfer your softened lasagna sheets into your water bath.
3. Repeat with remaining sheets.

ASSEMBLY AND BAKE

1. Preheat your oven to 400 degrees F.
2. I used a glass tray that measures 11"x15" and assembled my lasagna in the following order: Sauce | Noodles | Sauce | Ricotta Cheese | Zucchini | Sauce | Noodles | Sauce | Ricotta Cheese | Mushrooms | Noodles | Sauce | Parmesan Cheese (optional)
3. Scoop a thin layer of sauce onto your glass baking dish. Then add a layer of lasagna sheets over top in a single layer. Add more sauce over the lasagna sheets and spread using a silicone brush.
4. Now add half of the ricotta cheese mixture on top of the sauce, using a fork to help spread it evenly across. Then top your cheese with the zucchini slices and add another thin layer of sauce over the zucchini.
5. Now add your second layer of lasagna sheets, followed by another thin layer of sauce. Then spread the remaining ricotta cheese on top.
6. Next, add the mushrooms in a single layer, followed by your third layer of noodles. Scoop more sauce over your noodles, making sure to get it in all the corners to prevent sticking while baking.
7. Finally, sprinkle about 2/3 of the parmesan cheese on top, if using. Reserve the remaining third of the parmesan for serving.
8. Cover your tray with parchment paper and then aluminum foil and bake in your preheated oven for 45 minutes. Remove from the oven, uncover and let sit for 10-15 minutes before slicing into 12 slices and serving. Garnish each slice of lasagna with more parmesan cheese or hot peppers.