

Vegetable Lasagna



Lasagna Ingredients

2# fresh spinach, washed
2 cloves of garlic, minced
1 tbsp. olive oil
1 large onion, peeled and diced (save 2 tbsp. for sauce)
1 tbsp. butter
½ cup water
64 oz. canned stewed tomatoes, organic preferred juice reserved
2-3 leaves fresh basil, minced, or 1 tsp dried basil- save stems for sauce
1 egg
8 oz. ricotta cheese
4 oz. goat cheese
2 tbsp. Parmesan cheese
1 clove garlic, minced
kosher salt
ground black pepper
ground nutmeg
1 medium to large eggplant
1 medium Spanish onion
1 tbsp. olive oil
1/2 cup grated Parmesan cheese
1 large zucchini, washed and skin left on
1 large carrot, peeled
8 oz. shredded mozzarella cheese
1 tbsp. dried Italian herbs
1 box whole wheat lasagna noodles

Sauce Ingredients

Reserved tomato juice
reserved basil stems
1 tsp. sugar
reserved diced onion
pinch of granulated garlic
ground black pepper
kosher salt
1 tbsp. dried Italian seasoning
2 tbsp. cornstarch, mixed with 2 tbsp. cold water

Procedure

-In a 9x13x2" pan

1st Layer:

Slice eggplant into thin strips. Grill on both sides until marked. Dice onion, and sauté over low heat until caramelized. When brown and soft, add water and stir to glaze onions. Top with a single layer of raw whole wheat pasta noodles.

2nd Layer:

Mix together ricotta cheese, goat cheese, egg, 1 clove garlic, minced and 2 tbsp. parmesan cheese. Season to taste with a little salt, pepper, and nutmeg. Spread of noodles. Sauté spinach and garlic in olive oil until just barely wilted. Distribute evenly over cheese. Top with a single layer of raw whole wheat pasta noodles.

3rd Layer:

Mix together drained tomatoes, minced basil leaves, salt, pepper, and a pinch of dried herbs. Spread an even layer on top the raw pasta noodles. Reserve the rest for the top layer. Top with a single layer of raw whole wheat pasta noodles.

4th Layer:

Spoon remainder of tomatoes on lasagna. Slice one zucchini (leave skin on) and one carrot into long strips. Sprinkle with 1/4 cup Parmesan cheese, shredded mozzarella cheese, and dried Italian herbs.

Baking

Cover with a piece of parchment paper then foil. Bake at 350°F until pasta is cooked through when knife is inserted. The veg on the top layer should still be slightly al dente (about 45 minutes) Uncover and bake until cheese is desired brownness. Let stand for at least 15 minutes before cutting. Serve with sauce.

Sauce

Combine everything but cornstarch slurry in a nonreactive sauce pan. Simmer until flavor develops. Whisk in cornstarch slurry. Bring back up to a simmer. When slightly thick remove from heat, and strain out herbs. Serve with lasagna.