

## Vegan Lasagna

1 box of lasagna pasta noodles (either whole wheat or brown rice)  
2 jars of pasta sauce  
1 recipe tofu ricotta

### Optional:

Add 1 can of black beans or cannellini beans, sprinkled in between the layers.  
Mandoline 1-2 zucchini and or 1 medium potato to add into the layers.  
Add chopped green olives and artichokes to the top of the lasagna when it is finished cooking.

### Tofu Ricotta:

14 ounces extra-firm tofu, drained and pressed (Wildwood sprouted tofu)  
¼ cup nutritional yeast  
1 teaspoon Italian herb spice  
½ teaspoon salt  
1-2 cloves of garlic  
¼ to ½ cup of water (depending on how thick you want the ricotta)

Optional – add in ¼ cup raw cashews for extra creaminess– pre-soak them for 1-2 hours to soften

1. Preheat the oven to 375 degrees
2. Add all of the Tofu Ricotta ingredients to a high speed blender and blend until thick and creamy. You can also use a food processor, but make sure the mixture is creamy and has no lumps.
3. If using whole wheat noodles, pre-cook until just tender (al dente). If using rice noodles, pre-cooking is not necessary.
4. Spread 1 cup of the tomato sauce in the bottom of a baking pan. Make two to three layers of each of the noodles, sauce and Tofu Ricotta (add veggies to the layers if you wish).
5. End with the sauce and make sure the noodles are completely covered or they will dry out during baking.
6. Bake for 45 minutes, uncovered. If noodles were not pre-cooked, insert a knife and make sure it passes through the layers of lasagna easily.
7. Allow the dish to stand for 15 minutes before cutting into squares.