

From Lisa's Kitchen...Almost 4Leaf Vegetable Lasagna



Our first 3Leaf meal; But that doesn't mean that it is not healthy. It is 100% plant-based and derives less than 20% of its calories from fat. The only reason it is not 4Leaf is because we don't consider the whole-grain lasagna noodles to be whole plants -- in nature's package. But we do eat pasta from time to time and this recipe is one of our favorites.

Daily 4Leaf Goal. Bear in mind that with a daily 4Leaf goal, there is plenty of room for a special 2Leaf or 3Leaf entree from time to time. Also, by adding a salad and more veggies on the side, you could make this great meal a bit closer to 4Leaf. Visit 4leafprogram.com for more on our 4Leaf philosophy.

Ingredients:

- 1 onion, chopped
- 1 small head of garlic, chopped or minced (about 10 cloves)
- 12 ounces of mushrooms, any variety, sliced
- 1 head broccoli, chopped (about 4 cups)
- 2 large carrots, chopped
- 2 peppers, any color, chopped
- 1 15-oz. can low sodium corn, drained
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- Two 24-oz. jars of low sodium pasta sauce
- One 14-oz. box whole grain lasagna noodles
- 16 ounces frozen spinach
- 3 sweet potatoes, cooked and mashed with 1/2 cup soy, hemp or almond milk and 1 teaspoon soy butter; salt to taste (optional)
- 3 tomatoes, sliced thin
- 1 cup roasted, unsalted cashews, ground
- 2 Tablespoons nutritional yeast (optional)

Directions (Filling)

1. Preheat oven to 400 degrees. In a large sprayed pot, sauté the onion and garlic on medium heat for about 5 minutes.
2. Add the mushrooms and cook until they give up their liquid, and remove to a large mixing bowl.
3. Sauté the broccoli and carrots for about 5 minutes and add to the mushrooms.
4. Sauté the peppers and corn for about 5 minutes and add them to the bowl.
5. Add the spices to the bowl and mix.

Directions (to assemble)

1. Cover the bottom of a 9-by-13-inch casserole dish with a layer of sauce and add about 2 1/2 pieces of the lasagna, covering them with another layer of sauce (The lasagna will cook in the oven).
2. Spread half of the vegetables over the noodles.
3. Cover the vegetables with 2 1/2 more pieces of the lasagna and another layer of sauce.
4. Add half of the bag of spinach and then cover them with half of the mashed sweet potatoes.
5. Add more sauce, another 2 1/2 pieces of the lasagna noodles and another layer of sauce.
6. Cover the lasagna with the tomatoes, the ground cashews and the nutritional yeast (if using). Repeat using a 8-by-8-inch casserole dish.
7. Cover with foil and bake in the oven for about 45 minutes. Remove the foil and bake for another 15 minutes.

Filled with a variety of wonderful vegetables, this lasagna is an ideal casserole with hints of garlic, onion and rosemary. This recipe actually makes enough for two casseroles; one large and one small. You could keep one for yourself and take one to a dinner party!

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