

Grilled Veggie Lasagne

8 oz dried lasagne noodles, cooked and drained
1 24 oz. jar of marinara sauce
1 zucchini, sliced into 1/4' thick ribbons
1/2 red bell pepper, sliced into 2" wide strips
1/2 green bell pepper, sliced into 2" wide strips
1/2 eggplant, cut lengthwise into 1/4" thick slices
1/4 red onion, quartered and split into layers

Grilling Marinade:

1/4 cup plus two tablespoons balsamic vinegar
2 tablespoons olive oil
1 teaspoon onion powder
1 teaspoon garlic powder
sea salt and black pepper to taste

Tofu Ricotta:

16 oz. block firm tofu, drained
1 cup unsweetened non-dairy milk
Juice of one lemon
1 teaspoon onion powder
1 teaspoon garlic powder
1/4 teaspoon freshly ground nutmeg
1/2 teaspoon sea salt

Toppings:

2 fresh tomatoes, sliced
1 cup vegan parmesan cheese
1/4 cup fresh parsley, chopped
2 tablespoons fresh basil, chopped
1 tablespoon fresh oregano, chopped

Preheat the oven to 375 degrees. Rinse and prepare the vegetables.

Sweat the eggplant slices by laying them out on a cutting board. Sprinkle both sides liberally with sea salt and let them sit for 10-15 minutes.



Point Loma Hervey Branch Library
Vegan Cooking 101

Put the remaining sliced vegetables in a 8x10x3 pyrex baking dish. Blend the ingredients for the grilling marinade and pour it over the sliced veggies, set it aside.

Prepare the tofu ricotta. Use an extra firm tofu either vacuum packed or containing the curdling agent nigiri to ensure a firm result. Break the tofu into chunks, place half the chunks in the jar of a blender, add the lemon juice, onion powder, garlic powder, salt, nutmeg and non-dairy milk. Blend on high speed until smooth, gradually add the remaining chunks of tofu and continue blending until it reaches a similar consistency to regular ricotta.

Rinse the sliced eggplant and add it to the marinating vegetables. Turn the pieces to coat them evenly.

Heat a grill or large skillet to medium high and begin grilling the vegetables in a single layer until they are lightly browned on both sides. Transfer them to a plate and set aside.

Heat a large pot of water for the pasta and cooking according to package instructions.

Lightly oil a 8x10x3 inch pyrex baking dish. Add about a ladle full of sauce to the baking dish and spread it evenly over the bottom. Top it with a layer of the cooked noodles, next add a layer of grilled vegetables, spoon 1/3 of the tofu ricotta over the vegetables and top with the marinara sauce.

Start the next layer with the cooked pasta noodles, then the grilled vegetables, tofu ricotta, and sauce. Top the last layer of noodles with sauce and sliced tomatoes, sprinkle on some of the freshly chopped basil, oregano and Italian parsley. Drizzle a little olive oil over the top then season with some freshly ground sea salt and black pepper.

Place in a 375 degree oven for 60-70 minutes. Remove the lasagne from the oven after 50 minutes and top it with one cup of vegan parmesan cheese. Return it to the oven and bake until the cheese has melted. Allow the lasagne to cool before serving. This recipe is awesome reheated and can be frozen in advance before baking.

Garnish before serving with additional freshly chopped parsley and basil, another sprinkle of parmesan and red chili pepper flakes as desired.