

# VEGAN Spinach and Mushroom Lasagna

## You need a powerful blender for this recipe

Pan-grilled mushrooms and a creamy spinach filling make this lasagna a favorite. This lasagna's preparation is simplified by the fact that the noodles do not need to be boiled unless quick version; they can cook as the lasagna is baked.

## Directions

Makes 20 3"x3" servings (2 baking dishes)

2 Bags frozen Spinach  
4 garlic cloves, thinly sliced  
3 tbsp olive oil EVOO  
2 30-ounce jars organic pasta sauce (I like the basil ones)  
1 bag of Daiya vegan mozzarella shredded cheese  
3/4 cup dry millet – cook w/ 3 cups water slow simmer till absorbed = 20 min  
1/2 cup raw cashews  
2 teaspoon onion powder  
2 teaspoon garlic powder  
1/2 teaspoon nutmeg  
1/2 teaspoon black pepper  
1 teaspoon salt  
1 pound mushrooms, (sliced white or Portabella about 5 cups)  
1 box lasagna noodles (about 12 ounces) I use Gluten Free type

Advance preparations: Remove spinach from freezer to thaw; purchase or prepare marinara; combine millet with 3 cups water in a saucepan. Bring to a slow simmer, then cover and cook until millet is tender and all liquid has been absorbed. No need to stir.

Add cashews, onion powder, garlic powder, nutmeg, black pepper, and salt in a blender with 1 cup water. Blend on "high" until completely smooth, about 2 minutes, add cooked millet slowly stopping blender occasionally to scrape down sides with a rubber spatula. Set aside. If blender is struggling just hand mix. Millet is thick! Preheat oven to 350°F.

Heat EVOO and 1/6 cup water in a large skillet. over medium-high heat, stirring constantly. Reduce heat to medium and add mushrooms. Cover and cook, stirring often, until browned, about 5 minutes. Remove from pan and set aside in a bowl. Keep liquid in pan.

Without washing pan, add spinach & garlic. Cook briefly over medium heat, stirring often, to remove any excess moisture, 2 to 3 minutes. Drain most liquid if still there. Add millet mixture from blender and cook low heat, stirring frequently, until mixture thickens slightly, about 3 minutes. Remove from heat. Use this spinach/ millet mixture as 1 of 4 lasagna layers.

Spread 1 jar marinara between 2 glass baking dishes such as 9x9 a 9 x 13. Top with a layer of noodles, and half of the mushrooms. Spread with half the spinach mixture and half the remaining marinara. Sprinkle some cheese. Repeat layers with remaining noodles, mushrooms, spinach. Top with a light layer of Daiya vegan mozzarella shredded cheese. Cover with a sheet of baking parchment (this prevents contact between the tomato sauce and aluminum foil), then wrap tightly with aluminum foil.

Bake until noodles are tender (test by inserting a knife into the center of the lasagna), about 1 hour.

## Nutrition Information

Per serving (1/12 of lasagna):

205 calories  
4.7 g fat  
0.8 g saturated fat  
20.6% calories from fat  
0 mg cholesterol

6.6 g protein  
36.9 g carbohydrate  
7.5 g sugar  
4.6 g fiber

608 mg sodium  
73 mg calcium  
2.9 mg iron  
8.7 mg vitamin C  
2440 mcg beta-carotene  
2.6 mg vitamin E