

Living Lasagna

written by admin | December 5, 2011



This is what I call a “Special Occasion” recipe. It’s made up of 5 simple recipes that are layered with zucchini “noodles” to create an amazing adventure for your taste buds! Soak the nuts and sun-dried tomatoes and prepare the Spinach layer first. These will be ready in 1 hour, then you’ll be ready to whip up the other layers.

Any questions? Feel free to email me. I’d love to hear from you!

Equipment:

Food Processor or Blender
Mandolin or vegetable peeler
Large Bowl
Small Bowls

Ingredients:

Spinach:

4 cups torn spinach
1 Tbsp dried oregano
3 Tbsp olive oil
1/2 tsp sea salt

Walnut Meat:

1 ½ cups walnuts, soaked 1 hour, drained and rinsed

1 cup sun-dried tomatoes, soaked 1 hour, drained
2 Tbsp miso
2 tsp dried oregano
2 tsp dried sage
5 Tbsp nama shoyu or soy sauce
½ tsp cayenne pepper
2 Tbsp olive oil
1 Tbsp agave nectar or honey

Lemon-Pignoli “Ricotta”:

2 cups raw pignoli (pine) nuts, soaked 1 hour, drained and rinsed
2 Tbsp lemon juice
2 Tbsp nutritional yeast (optional)
1/2 tsp sea salt
6 Tbsp water

Marinara Sauce:

2 ripe tomatoes, chopped
1 cup sun-dried tomatoes, soaked for 1 hour, drained
1 red bell pepper, chopped
4 Tbsp olive oil
2 Tbsp fresh basil, minced or 1 tsp dried
2 tsp oregano, dried
2 garlic cloves, crushed
1/2 tsp salt
Dash cayenne (optional)

Pesto:

2 cups basil leaves, tightly packed
¾ cup pine nuts or walnuts
½ cup olive oil
1/2 tsp sea salt
1 garlic clove
1 Tbsp lemon juice

Zucchini “noodles”:

4 medium zucchini

Directions:

Spinach: Combine all ingredients in a bowl with your hands until the spinach is well coated. Set aside for 1 hour to wilt.

Walnut Meat: Process all ingredients in a food processor, leave mixture slightly chunky.

Lemon-Pignoli “Ricotta”: Process all ingredients in a food processor until texture becomes fluffy like ricotta.

Marinara Sauce: Process all ingredients in a food processor until smooth.

Pesto: Process all ingredients in a food processor, leave mixture slightly chunky.

Zucchini “noodles:” Using a mandolin or vegetable peeler, shave zucchini lengthwise into very thin slices, then cut in half crosswise.

Assembly:

1. Each serving of lasagna will be individually assembled.
2. Place 2 or 3 zucchini strips on a dish, slightly overlapping. The number of zucchini strips you use will determine the serving size.
3. On top of the zucchini strips, put down a layer of the walnut meat,
4. then a layer of the lemon-pignoli “ricotta”,
5. then a layer of the marinara sauce,
6. then a layer of the pesto.
7. Finish with another layer of slightly overlapping zucchini strips.
8. Repeat the above order of layering, but before adding the final layer of zucchini, take your wilted spinach and create an additional layer.
9. Top with marinara and garnish with fresh basil leaves.