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## Vegan, Gluten-Free Lasagna

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Lasagna is a basic weeknight meal in many families. Add a salad and you’ve got a complete meal. It’s also a great *Shabbat* or dinner party recipe for a crowd. It’s hearty and, in this case, perfect for those with numerous dietary restrictions. With the new gluten-free brown rice lasagna noodles and breadcrumbs, people who aren’t gluten-free won’t even realize or believe it is gluten-free. Those who don’t mix milk and meat can have meat or chicken with their meal because it’s dairy-free. This lasagna is also vegan.

Most importantly: It’s easy. So many allegedly one-dish meals involve sautéing onions first. My recipe doesn’t even ask you to chop the onions. How’s that for eliminating two dreaded steps? This lasagna has become such a hit with my friends that they (and their children) ask for it when they come for meals. They don’t tell their kids about the tofu or spinach until they are gobbling it up...and they always gobble it up!

### Ingredients

- 1 16-ounce bag chopped frozen spinach
- 1 cup frozen chopped onion
- 1 12 or 14-ounce box frozen butternut squash puree (or BPA-free organic can, such as the Farmer’s Market brand)
- 1 1-pound package organic silken tofu
- 1 32-ounce jar pasta sauce (Pick any flavor you like. I often use garlic or mushroom)
- ½–1 teaspoon each garlic powder, dried thyme and Italian seasoning
- 1 package brown rice lasagna noodles (like Tinkyada, 10 ounce)
- 1 24-ounce jar whole roasted red peppers (about 3 whole peppers), sliced and flattened
- 1/8 cup gluten-free panko breadcrumbs (if gluten-free isn’t necessary for you, use whole wheat)
- 1/8 cup nutritional yeast

### Preparation

Preheat oven to 350 degrees. Spray bottom of 9-by-13-inch lasagna pan with nonstick cooking spray. Place frozen spinach, onion and squash into a large glass bowl and defrost in the microwave (I use the “vegetable” setting). Place tofu into bowl with defrosted vegetables. Add thyme, garlic powder and Italian seasoning and mix thoroughly.

Place one layer of noodles in pan, followed by half of the vegetable and tofu mix. Cover with 1/3 of the bottle of marinara sauce. Spread it thinly and evenly. Place another layer of noodles in the pan. Cover with the rest of the vegetable tofu mix and another third of the marinara sauce. Place your final layer of noodles in the pan. Cover with the rest of the marinara sauce and then the roasted red peppers.

Mix the bread crumbs and nutritional yeast together in a small bowl. Sprinkle evenly over the top of the red peppers. Bake for 1 hour, uncovered.

The lasagna can be frozen cooked or uncooked. When ready to eat, defrost and bake or warm in the oven.

*Recipe originally published in Healthy Family, Healthy You: The Healthy Mama’s Guide to feeding your family well – simply and sanely! by Natasha Nadel.*

#### Contributed by



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