

# Plant-Powered Lasagna

Serves 8

Everyone loves lasagna, but we don't always love the way we feel after eating a couple of servings. This plant-packed variation on the family favorite will satisfy your appetite and also leave you feeling light and energized, thanks to its vibrant mix of vegetables.

**3 cups chopped peeled sweet potatoes**

**1 head cauliflower, cut into large florets**

**¼ cup garlic cloves**

**1 (14-ounce) block extra-firm tofu, drained**

**½ cup chopped fresh parsley**

**¼ cup nutritional yeast**

**1 tablespoon white miso paste**

**1 teaspoon chopped fresh oregano**

**½ teaspoon coarse sea salt**

**1 teaspoon freshly ground black pepper**

**1 recipe No-Oil Red Sauce (page 164)**

**1½ cups thinly sliced onions**

**16 whole-grain lasagna sheets (1 pound)**

**1 cup nondairy ricotta, such as Kite Hill**

Put the sweet potato in a medium saucepan, add water to cover, and bring to a boil over high heat. Boil until the sweet potato is tender, 10 to 12 minutes. Drain and set aside to cool.

Place the cauliflower and garlic in the same saucepan, add fresh water to cover, and bring to a boil over high heat. Reduce the heat to medium-low and cook until the cauliflower is very tender, 10 to 12 minutes. Drain and set aside to cool.

Place the tofu in a large bowl and crumble it with your hands. Add the cooled sweet potato, cauliflower and garlic mixture, parsley, nutritional yeast, miso, oregano, salt, and pepper. With clean hands, mix the ingredients well, breaking them up until the mixture has the consistency of coarse ricotta cheese. Set aside.

Preheat the oven to 350°F. Spread 1 cup of the red sauce evenly over the bottom of a 13 by 9-inch baking dish. Arrange the onion slices in a layer over the sauce. Arrange a single layer of lasagna sheets to cover the entire bottom of the pan. Spread a thick (about ¾-inch) layer of the sweet potato mixture over the lasagna, then spread about 1½ cups of the red sauce over the sweet potato mixture. Repeat this layering two more times, for a total of four layers of lasagna noodles and three layers of filling. Top with a final layer of red sauce and sprinkle about ½ cup of the sweet potato mixture over the top.

Cover with parchment paper and aluminum foil and bake for 35 minutes. Uncover and bake for 10 minutes more to crisp the top. Remove from the oven and let cool for 20 minutes before slicing.

Scatter the ricotta over the top and serve with any remaining sauce on the side.

**Per serving:** 479 calories, 5 g total fat, 1 g saturated fat, 0 mg cholesterol, 737 mg sodium, 89 g total carbohydrate (12 g dietary fiber, 18 g sugar, 0 g added sugars), 22 g protein, 6 mg iron