

Food Babe's Vegetable Lasagne With No Noodles



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	40 mins	50 mins	6

<https://foodbabe.com/vegetable-lasagne-with-no-noodles>

Ingredients:

- 24 ounces crushed tomatoes
- 1 yellow onion
- 2 teaspoons garlic cloves, minced
- ½ teaspoon red pepper flakes
- ½ teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 1 egg
- 15 ounces ricotta cheese
- 1 tablespoon fresh basil, chopped
- ½ cup raw parmesan cheese, shredded
- ½ cup goat mozzarella
- 1 large zucchini, sliced long
- 1 large yellow squash, sliced long
- 4 cups spinach

Instructions:

1. Preheat oven to 375° F.
2. For the tomato sauce, start by sauteeing onions in olive oil for 5 mins on low/medium heat in a pan on the stove
3. Once onions are cooked tender, add garlic and sautee 2 more minutes
4. Add tomatoes, red pepper, and salt and bring to a boil, then reduce to simmer
5. Allow tomatoes to cook for at least 10 mins
6. (Alternatively you can use your favorite jarred tomato sauce)
7. In a bowl combine egg, ricotta cheese and herbs and stir well
8. Place about $\frac{1}{3}$ of the cooked tomato sauce on the bottom of a large baking dish
9. Layer zucchini on top of tomato sauce
10. Spread $\frac{1}{2}$ ricotta mixture on top of zucchini
11. Layer with $\frac{1}{3}$ more tomato sauce
12. Layer squash to top of tomato sauce
13. Spread $\frac{1}{2}$ ricotta mixture on top of squash
14. Layer greens on top of squash
15. Top with remaining sauce, shredded cheese and bake covered for 30-40 mins until bubbly and cheese is slightly browned
16. Allow lasagne to rest for 10 mins before serving - it's HOT!

Notes:

- Please remember to choose all organic ingredients if possible - especially the zucchini and squash because it could be genetically engineered