

Vegan Lasagna

Unit: Large Skillet or the Electric Skillet

- | | |
|--|--|
| 1 - Lb. Tofu, firm (drained) | 1.5 - Tbsp Fresh basil, chopped |
| 2/3 - Cup nutritional yeast (for cheese taste) | 1 - Large zucchini (cut on #4 blade) |
| 1.5 - Tbsp. Garlic, minced | 2 - Cups of fresh baby spinach |
| 8 - oz. Fresh Mushrooms (cut on #4 Blade) | 1 - 8 oz. Box lasagna pasta |
| 1 - Large onion (cut on #2 blade) | 1 - 26 oz. Jars of organic spaghetti sauce |
| 1.5 - Tbsp Fresh oregano, chopped | 1 - Block of vegan cheese (#2 blade) |

While Prepping:

Drain the tofu for 20-30 minutes. Do this by placing the tofu in a large strainer and placing a small plate with a heavy object on top to compress water from it. This will give more of a cheese like consistency. In a bowl, break the drained tofu with a fork, mix in crushed garlic and the nutritional yeast and place in a sealed container.

****If you are unable to find a vegan cheese, use only 1/3 of the nutritional yeast in the tofu mixture and sprinkle the remaining yeast on top of the lasagna.**

Pour 1/2 of the spaghetti sauce in the bottom of the cold skillet. Layer 1/2 of all of the ingredients in order of the recipe and repeat with the second layer.

Rotate the valve below the knob to open and seal the lid onto the unit. Start the skillet on medium heat and reduce to medium-low heat when it whistles or the lid is stinging hot to the touch. (With the electric skillet, cook at 325).