White bean Vegetable Hummus Lasagna

DIFFICULTY
MEDIUM

TIME
40 MIN

SERVES
6

INGREDIENTS

9 Lasagna Noodles (regular or gluten free), cooked
2 Tbsp Olive Oil, divided
2 Cups Cremini Mushrooms, thinly sliced
1 Cup diced Yellow Onion (about ¼ of a large onion)
1 medium Zucchini, Grated
3 Tbsp low sodium Tamari or Soy Sauce
1 tsp Black Pepper
1 Tbsp chopped Garlic (about 3 cloves)
½ tsp dried Oregano
6 Cups Fresh Spinach
1.5 Cups VEBA White Bean Hummus or equivalent
3 Cups Marinara Sauce, divided
8 ounces shredded Vegan Cheese, divided
8 Basil leaves, thinly sliced

NOTES

•You can make the hummus-vegetable mixture two days before and keep in the refrigerator. If you start with cold mixture, allow an extra 10 minutes for cooking the lasagna
•Baked eggplant slices can be used in place of the lasagna noodles

DIRECTIONS

1. Fill a large pot with 4 quarts of water and 1-2 tsp of salt. Cook the lasagna noodles according to package. Drain and rinse with cold water. Toss with 1 Tbsp of olive oil This can be done 1-3 days in advance or you can do this while your vegetables are cooking
2. Ladle 1.5 cup of marinara sauce into the bottom of an 9 x 9 pan and set aside
3. Preheat the oven to 350 degrees
4. Heat the olive oil in a saute pan over medium heat and add the diced onion. Cook until soft; about 5 minutes. Add the mushrooms and zucchini. Saute for about 3 minutes. Add the soy sauce, spinach, black pepper, dried oregano and garlic. Cook another 2 minutes, or until the spinach is wilted, then turn off the heat
5. Add the hummus and 2 ounces of the cheese and incorporate into the vegetable mixture
6. Lay the cooked noodles on a clean surface and place about 1/4 cup of the hummus-mixture on each noodle and spread it evenly. Roll up each lasagna noodle and place it seam-side down in the baking dish
7. Ladle the remaining 1 cup marinara sauce over the lasagna noodles
8. Top with remaining vegan cheese
9. Bake for 25 minutes
10. Remove from the oven and top with the basil

NUTRITION FACTS PER SERVING

Calories: 389 **Fat:** 19.9g (Saturated Fat: 4g) **Carbohydrates:** 43.6g **Fiber:** 10.5g **Sugar:** 13g **Protein:** 12.5g

CALIFORNIA SCHOOLS VEBA

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