

SOY LASAGNA

Serves 6-8

1 box of lasagna noodles (follow the cooking directions on the box)

2 cups tomato sauce

2 cups mushrooms, sliced

1 onion, chopped

6 cloves garlic, minced

1/2 cup black olives, sliced

1-2 cups chopped or thinly sliced vegetables of your choice (broccoli, kale, spinach, or zucchini)

1 lb medium-firm tofu

1 tbsp dried basil

1/2 tsp dried oregano

1/2 tsp sea salt

2 tsp lemon juice

1 recipe SUNFLOWER PATE (below)

1 recipe CHEESE SAUCE (below)

If you have to pre-boil your noodles, do so.

Make up one recipe of sunflower pate, but do not bake it.

In a frying pan, combine all the vegetables, onions, and garlic and sauté until they reach desired tenderness.

In your food processor or by hand, blend the tofu with the basil, oregano, sea salt and lemon juice, just to combine (don't blend too smooth).

In a 9"x 9" baking pan, place a layer of tomato sauce, then a layer of noodles. Add the herbed and crumbled tofu, then a layer of sauce. Add a layer of noodles, then pour the entire recipe of sunflower pate over them as another layer. Add a layer of tomato sauce over the pate. Add a layer of noodles, then the sautéed veggies. Then a layer of noodles, a layer of tomato sauce, and pour the "cheese" sauce over all.

Cover with foil and bake in a 400 F oven for 45-60 minutes. Remove the foil and return to oven for 10 minutes (or less) to brown the "cheese" sauce topping.

Let stand for at least 20 minutes before serving.

SUNFLOWER PATE

1 cup finely ground sunflower seeds

1/2 cup cornmeal

1/2 cup nutritional yeast

3 tsp dried parsley
1 1/2 tsp dried basil
1 tsp dried thyme
1 tsp sea salt
1/2 tsp dried sage
1/4 tsp sea kelp
1 cup finely grated potato
1 1/3 cups water
1/4 cup extra virgin olive oil
2 tbsp soy sauce
1 tbsp prepared horseradish or dijon mustard

Mix dry ingredients together in a bowl. Grate the potato and rinse it thoroughly in a fine sieve to remove all the starch (As you are rinsing, some foam will appear — the foam is the starch. Continue rinsing until no foam remains.) Squeeze and drain the grated, rinsed potato until it is very dry. Add the remaining ingredients in the order given, stirring in the potato last. DO NOT BAKE IT but pour directly into your lasagna pan raw.)

CHEESE SAUCE

2 cups soy milk
1/3 cup nutritional yeast
1/4 cup light oil
tbsp unbleached flour
1 tbsp prepared mustard (optional)
1/2 tsp Sea salt to taste

Place all ingredients in a saucepan and whisk over medium heat until very thick.

Adapted from veganmania.com



www.VermontSoy.com