



Vegetarian Lasagna with Spinach and Ricotta Filling

Serves 8



- 2 bunches of spinach
- 1 lb ricotta
- 2 eggs
- 1/2 teaspoon nutmeg
- 2 Tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1/2 head cauliflower florets
and some stem, cut small
- 2 large (28 oz) cans
plain tomato sauce
- Zest from 1 lemon
- 1 1/2 lbs lasagna noodles,
(par-boiled)
- Salt and pepper to taste
- 1 lb grated mozzarella
- 4 oz grated parmesan cheese

Clean the spinach well and wilt by sautéing or blanching. Cool and squeeze out excess water. Stir into the ricotta along with the nutmeg. Salt and pepper to taste, then beat in the eggs. Sauté the onion and garlic in olive oil, add the cauliflower and sauté 5 minutes, add the tomato sauce and lemon zest, simmer 5 minutes, salt to taste.

Oil an 11" x 13" glass Pyrex pan (at least 2" deep). Build up about four layers of noodles, sauce, ricotta mixture, and mozzarella. Be sure the noodles are moist. Apply sauce on every layer, but you can alternate ricotta and mozzarella. Finish with a heavy layer of mozzarella and the parmesan, mixed together.

Bake at 375°F, covering with tin foil part of the time, if needed, to avoid overbrowning. Lasagna is ready when you can easily pierce the noodles with a fork and the sauce is bubbling around the sides. If the cheese isn't crispy and brown enough, finish (cautiously) with the broiler. Allow to rest at least 15 minutes before serving.

Freezer Tip: After lasagna is completely cool, wrap tightly with plastic wrap and freeze. Remove plastic wrap and transfer directly to the oven when ready to re-heat.

Recipe from <http://herbivoracious.com>

