



Zucchini Lasagna



prep time
30-40 min



total time
1 hr, 10 min



servings
6-8

Ingredients

Basil-Cashew Cheese*

- 1 cup/150 grams unsalted cashews
~ 5 servings of fat
- ½ cup unsweetened almond milk
- ¼ cup fresh basil leaves
- 2 garlic cloves
- ½ teaspoon sea salt

*If you want a quick “hack”, use pre-made shredded cashew cheese!

Artichoke-Tomato Sauce

- 1 tablespoon olive oil ~ 1 serving of fat
- 1 onion, diced ~ 1 serving of veggies
- 2 garlic cloves, minced
- 14.5-ounce/435 grams can no-salt-added diced tomatoes ~ 5 servings of veggies
- 8-ounce/240 grams can no-salt-added tomato sauce ~ 2.5 servings of veggies
- 1 cup chopped marinated artichoke hearts
~ 1 serving of veggies
- ¼ cup fresh basil leaves, torn into pieces
- Red pepper flakes, to taste
- Sea salt, to taste
- Freshly-ground black pepper, to taste

Zucchini Lasagna

- 6 medium zucchinis ~ 9 servings of veggies
- Coarse salt
- Fresh basil, for garnish
- Olive oil, for drizzling

Instructions

Basil-Cashew Cheese

- 1 Soak the cashews in a bowl of water for 30 minutes.
- 2 Drain and rinse well.
- 3 Add all the ingredients to a food processor or blender and process/blend until smooth.

Hack: You can always skip this step and buy almond or cashew cheese.

Artichoke-Tomato Sauce

- 1 Heat oil in a medium skillet.
- 2 Add diced onions and cook for 3-4 minutes, until onions are softened.
- 3 Add garlic and cook for 2-3 minutes, stirring frequently, until fragrant.
- 4 Add the diced tomatoes, tomato sauce, artichoke hearts and basil leaves.
- 5 Season with red pepper flakes, sea salt and pepper. Bring the sauce to a boil and then simmer on medium low for 10 minutes.

Zucchini Lasagna

- 1 Preheat oven to 375 degrees F.
- 2 Slice each zucchini into 1/8 inch thick slices. Salt the zucchini slices heavily and set aside for 20 minutes to drain the water out. Squeeze as much water out of the zucchini slices as possible.
- 3 Spread a few tablespoons of sauce on the bottom of a casserole dish. Lay 4-5 zucchini slices side-by-side on the bottom of the dish. If your slices aren't long enough for the entire casserole you can add another vertical row or place some slices horizontally to fill the space.
- 4 Top the slices with ½ cup sauce and ¼ cup cashew cheese. Repeat with the remaining ingredients, ending with a final layer of sauce and cheese. Garnish with more fresh basil and a drizzle of olive oil.
- 5 Bake, covered, for 30 minutes and then bake, uncovered for 20-25 minutes or until the top of the lasagna is golden brown. Let the lasagna sit for 15 minutes before cutting and serving. Serve with another drizzle of olive oil.

Whole Recipe Breakdown:
Protein: 0 servings
Carb: 0 servings
Fat: 6 servings
Veggies: 18 servings

