

## Butternut Squash Lasagna

Prep Time 30 minutes  
 Cook Time 25 minutes  
 Total Time 55 minutes  
 Servings 10 servings



### Ingredients

#### Cashew Ricotta Cheese:

- 2 cups raw cashews, soaked overnight or boiled for 20 min
- ¼ cup water
- ½ cup extra virgin olive oil
- ½ lemon, juiced
- 5 tablespoons nutritional yeast
- ½ teaspoon kosher salt
- 4 small garlic cloves, or 2 large

#### Lasagna:

- 1 medium butternut squash, peeled and cut into ¼” inch thick rounds
- 4 cups cauliflower florets
- 3 teaspoons olive oil
- ½ teaspoon kosher salt, sea salt or himalayan salt
- ½ teaspoon garlic powder
- 12 ounces portobello mushrooms, stems and gills removed, 4-5 mushrooms
- 1 (28 ounce) jar marinara or homemade marinara sauce
- 2 cups cashew ricotta cheese

### Directions

#### Cashew Ricotta Cheese:

1. In a medium saucepan, boil cashews in water for 20 minutes until soft, then rinse them with cold water or soak them overnight.
2. In a food processor, add water, olive oil, lemon juice, nutritional yeast, salt and garlic, and process until smooth. Set aside.

#### Lasagna:

1. Preheat oven to 375° F and line two baking sheets with parchment paper.
2. In a small bowl, add cauliflower, 2 teaspoons olive oil, salt and garlic powder. Mix well and spread the coated florets in an even layer on the baking sheet. Roast for 15 minutes per side. When done, remove from oven and set aside.
3. Brush the caps and the bottoms of the mushrooms with remaining 1 olive oil and place them on the second baking sheet. Roast them for 10 minutes on each side. Cool for a few minutes then slice in strips with a pairing knife. Set aside.
4. In a 9 x 13 casserole dish, evenly spread ¾ cup of marinara sauce, then layer the butternut squash on top. Layer 1 cup of the cashew ricotta cheese, roasted cauliflower, and portobello mushrooms over the butternut squash, and spread 1 cup of sauce over the top. Repeat by layering the butternut squash, cashew ricotta cheese, and marinara sauce until the ingredients are gone.
5. Cover with foil and bake for 20 minutes. The outside should be bubbly and the squash should be starting to soften. (Check by inserting a knife through the center of the dish.) Remove the aluminum foil and continue baking the dish for 20 minutes.

### Notes

If desired for a non-vegan option, sprinkle mozzarella or Parmesan cheese on top after 15 minutes, and cook until cheese is melted. Serve warm.

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	10 servings per container	<b>Total Fat</b> 28g	<b>36%</b>	<b>Total Carbohydrate</b> 30g
Serving size 1 piece	Saturated Fat 5g	25%	Dietary Fiber 5g	18%
<b>Calories per serving</b> <b>420</b>	Trans Fat 0g		Total Sugars 12g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 115mg	<b>5%</b>	<b>Protein</b> 13g	
	Vitamin D 0mcg	0%	Calcium 0mg	0%
	Potassium 0mg	0%	Iron 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.