

SWEET POTATO *Lasagna*

\$1.20

per serving

30 MINUTES
OR LESS

9 INGREDIENTS

Buy Local!

3 large sweet potatoes, peeled and thinly sliced

RICOTTA FILLING

3-4 Tbsp extra virgin olive oil, plus more for squash

Sea salt + black pepper to taste (-1/2 tsp each)

2 lemons, juiced (-1/3 cup) • 12 ounces extra firm

tofu, drained and pressed dry for 10 minutes

3 Tbsp nutritional yeast • 1/2 cup loosely packed

fresh basil • 1 Tbsp dried oregano

1/4 cup parmesan cheese, plus more for serving

1/2 cup olive oil • 1 cup loosely packed basil, finely

chopped • 2 cloves garlic, finely minced • 1/4 cup

parmesan cheese • pinch salt, pepper • water to thin



*highlighted ingredients can be bought at the market!



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HOW TO: SWEET POTATO LASAGNE

1. Preheat oven to 375 degrees F (190 C).
2. Add all tofu filling ingredients to a food processor or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact.
3. Peel sweet potatoes and slice thinly with a very sharp knife or mandolin. They shouldn't be paper thin, but semi-thick and bendable - about 1/8th inch.
4. In a 9x13-inch dish, begin laying down the sweet potatoes in a single layer, overlapping slightly.
5. Top with one-third of the tofu ricotta mixture and spread using a spoon or spatula. Top with another layer of sweet potatoes, slightly overlapping. Repeat until you have three total layers of tofu ricotta, and four layers of sweet potatoes. The top layer should be sweet potatoes.
6. Cover with foil and bake for 50 minutes.
7. Then remove foil, increase oven heat to 400 degrees F (204 C), and bake uncovered for another 5-10 minutes to slightly brown up the top layer.
8. While the lasagna is cooking, prepare pesto (optional), by adding olive oil, basil, and garlic to a blender or food processor. Mix on a medium-low speed to combine, then add vegan parmesan cheese, a pinch each salt and pepper and pulse to combine again. Add water to thin until a pourable pesto sauce is achieved, mixing on high until only small bits of basil and garlic remain.
9. Let lasagna cool slightly before serving. Top entire lasagna with desired amount of pesto, or reserve for individual servings. Best when fresh, though leftovers keep covered in the refrigerator up to 3 days.

why is it healthy?

TOFU

Tofu is a great source of protein and contains all eight essential amino acids, it is also a great source of iron and calcium.

BASIL

Basil has anti-bacterial benefits. It is a great source of vitamin K, vitamin A, manganese, and magnesium.

SWEET POTATO

Sweet Potatoes are a filling high fiber addition to any meal. Sweet and satisfying, sweet potatoes are also high in Vitamin A!

This recipe is from **Minimalist Baker**

Go to minimalistbaker.com to see more recipes!

<http://minimalistbaker.com/sweet-potato-lasagna/>

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