

**Market & Café**

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**No Noodle Lasagna, 8/20/14** *The Vegabond Chef, Brad Myers*

<b>Ingredients:</b>	1 Eggplant	1 Extra Firm Tofu	1 Bell Pepper, chopped
	2-4 Zucchini	1c Daiya Mozzarella	2 Carrots, sliced
	1-4 Portabella	1/2c Basil, finely chopped	1 White Onion, diced
		1 Lemon, juiced	4 Garlic, minced
		2T Nutritional Yeast	1/2c s, chopped
		1t Turmeric	1t Cumin
		1t Onion Powder	1t Pepper
		1t Smoked Paprika	1 Jar Marinara
		Salt	2c Spinach, chopped

*Peel your eggplant and slice into noodle sized pieces. Coat with oil and spread onto parchment paper and sprinkle pepper and Italian herbs- bake at 375 degrees for 15 minutes (or until it's just beginning to brown a little). Peel zucchini and, using the peeler, cut 'noodles' out of it. Lightly coat with oil and bake similarly to the eggplant. Slice portabella mushrooms very thin and set aside.*

*SAUCE: Heat a pan to medium with some oil. Dice onions and sauté until almost translucent. Add garlic, carrots, peppers, and walnuts in succession and cook until soft. Add cumin and pepper and cook for 1 minute until fragrant, and then add the spinach and cook a couple minutes until it shrinks. Next add jar Of marinara, reserving just a little for later to coat the bottom of the lasagna pan. Simmer for at least 10 minutes.*

*CHEESE: Drain tofu and squeeze out excess water. Add tofu and all other "cheese" ingredients into mixing bowl and mix thoroughly, breaking the tofu into small pieces.*

*ASSEMBLY: Put the reserved sauce at the bottom of a casserole dish and layer eggplant, portabella, tofu cheese, zucchini, veg/sauce blend and repeat. Cook covered in the oven at 375 degrees for 1 hour and then uncovered for another 30 minutes. Allow at least 20 minutes to cool.*

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