

Raw Lasagna

Sun-dried tomato marinara:

½ cup Sun-dried tomatoes (soaked for 30 minutes)
1 Medium Tomato- deseeded and chopped
2 T of diced sweet onion or ½ shallot
1 tsp Lemon juice
2 tsp Olive oil
¼ tsp salt
¼ tsp Chili flakes (opt.)
½ Red bell pepper- deseeded and chopped

Squeeze excess liquid from sundried tomatoes and place all ingredients in a food processor and blend until all of the ingredients are well incorporated. The chunkiness of the marinara is upon preference.

Pistachio basil Pesto

1 C fresh basil
¼ C Spinach
¼ C Pistachio or pumpkin seeds (I like to use tamari pumpkin seeds)
2 T Olive oil
¼ tsp salt
½ tsp lemon juice
Pinch black pepper

Place all ingredients in food processor and pulse until well incorporated but keep chunky.

Cashew ricotta

1 C cashews (soaked for 30 minutes)
¼ C water (add as needed)
2 tsp Nutritional yeast
½ tsp lemon juice

*Place all ingredients in food processor and blend until smooth.
(Periodically rub a bit of the cheese between thumb and finger to check the texture. We are looking for a want zero grits or pieces.)*

Zucchini noodles

1 medium zucchini per serving
½ T Olive oil
salt and pepper
fresh or dried herbs (I like to use thyme and rosemary. Dried italian seasoning will work as well)

Trim the ends of zucchini and cut in half. Slice on a mandolin about 1/4 inch in thickness. Lay flat on parchment paper or large plate and drizzle olive oil, salt, and pepper and herbs- rub on both side of zucchini.

Assembly:

Cut one medium tomato (preferably heirloom tomato if available) in half then slice. Lay 3 pieces of zucchini- slightly overlapping each other and using two spoons, create quenelle with cheese, marinara, and pesto and lay them next to each other on top of zucchini noodles. Place a slice of tomato on top and then repeat. Garnish lasagna with fresh herbs.