

## PUMPKIN PORTOBELLO LASAGNA RECIPE

Yield: Serves 8 | Cooking Time: 1 hour plus soaking time for cashews

### Roasted Garlic Cashew Ricotta

*This makes a great dip for veggies or topping for toasted bread by itself.*

- 1 cup raw cashews
- 2 cups boiling water for soaking
- 1 small head of garlic
- ¼ tsp salt
- Juice 1 lemon

### Pumpkin Portobello Sauce

- 2 tsp olive or avocado oil
- 16 oz portabella mushrooms, cleaned and sliced
- 1 tbsp fresh chopped rosemary
- 1 large yellow onion, sliced in half-moons
- ½ tsp salt
- 2 can organic pumpkin can (30 oz)
- 3 tbsp maple syrup
- 1 tsp fresh ground nutmeg
- 1 tbsp fresh chopped rosemary
- 1 tsp salt (to taste)
- 4 cups spinach packed

### Additional Ingredients

- 8 oven-ready lasagna noodles
- 1 ½ cup of Italian shredded cheese

### Instructions

#### Make the Roasted Garlic Cashew Ricotta

1. Cover cashews with boiling water in a heatproof bowl and let sit for about 1 hour.
2. Preheat oven to 425.
3. Cut the top off a head of garlic.
4. Place the garlic in the middle of a piece of tin foil big enough to wrap the garlic.
5. Drizzle 1/2 tsp oil on the top of the garlic and seal the garlic by wrapping the tin foil around it. Place in the preheated oven and bake for about 30 minutes or until the garlic is golden brown and soft.
6. Remove from the oven, unwrap and cool until you can handle the garlic to squeeze the roasted garlic out of the cloves.
7. Lower the oven to 350 degrees F.
8. In a food processor, add the soaked cashews. Squeeze the roasted garlic from the cloves and add to the food processor along with the salt and lemon. Pulse the mixture until the cashews are in tiny pieces and the mixture resembles ricotta cheese.

### Make the Pumpkin Portobello Sauce

1. Heat 2 tsp olive oil in a large skillet over medium heat. Add rosemary and saute for 15 seconds, stirring. Add onion slices and salt. Saute over medium heat until they just start to caramelize, about 4 minutes.
2. Add mushrooms and cook until the juices release and they are lightly golden, about 5 more minutes.
3. Stir in pumpkin puree, maple syrup, nutmeg and rosemary. Add salt to taste. Simmer for a couple minutes.
4. Add the spinach and stir, simmering lightly, until the spinach wilts, for about 4 minutes. Turn the heat off.

### Assemble and Bake the Lasagna

1. Grease an 8x8 square pan or line with parchment paper.
2. Add 1/4 of the sauce to the bottom of the pumpkin pan and spread evenly.
3. Make 3 layers with the following: 2 lasagna noodles, 1/4 of the pumpkin sauce, 1/3 of the roasted garlic ricotta, and 1/4 cup of shredded cheese.
4. Cover the lasagna with aluminium foil. Bake for 25 minutes. Remove the foil and make 5 more minutes or until golden.
5. Let cool 10-15 minutes before cutting.

Buen Provecho!

♡ Elena