

Gluten free Vegetable Lasagna

Ingredients

- 6 large fresh tomatoes
- 2 Packages tofu chopped into small pieces
- 2 large yellow squash or zucchini
- 3 Tbsp ghee (clarified butter)
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 packages thawed spinach, or a large bunch fresh steamed spinach, drained well
- 2 organic ricotta cheese
- 2 pounds of lasagna rice noodles, or other kind of gluten free noodles
- 16 ounces mozzarella cheese
- ½ cup parmesan cheese
- Salt and pepper to taste

Béchamel sauce (optional):

4 Tbsp ghee
4 Tbsp rice flour
2½ cups heated rice milk
½ Tbsp salt

Directions for Béchamel Sauce:

Melt butter, then slowly stir in flour while whisking over low heat for 2 min. Slowly stir in milk, whisking regularly while adjusting heat to allow sauce to bubble. Whisk for 5 min. until sauce thickens.

Directions

1. In a large pot sauté tofu in ghee
2. Add oregano and basil
3. Add tomatoes and squash or zucchini
4. Add salt and pepper
5. Bring to a boil
6. Cover and cook at low heat for 1-2 hours, stir frequently to prevent burning
7. In separate bowl, mix together ricotta cheese, spinach and salt/pepper to taste
8. Cook and drain noodles
9. Preheat oven to 325 degrees

Layer 1/3 tomato sauce in large glass casserole dish

Layer ½ of the noodles

Layer 1/3 of tomato sauce

Layer ½ of the ricotta cheese mixture

Layer ½ of the mozzarella cheese

Layer ½ of the noodles

Layer 1/3 tomato sauce

Layer ½ of the ricotta cheese mixture

Layer ½ of the mozzarella cheese

Layer the Béchamel sauce

Layer parmesan cheese

Bake in oven for 45 minutes

Let stand for 10 – 15 minutes before serving

(For better result put all ingredients together, chill in refrigerator for a day, then cook)