

Vegetable Lasagna (vegan)



Ingredients

- 1 med. onion, slivered
- 2 cups sweet peppers (red, yellow, or orange), slivered
- 4 cups fresh mushrooms, sliced
- 5 cups yellow summer squash, sliced in ¼-inch rounds, then cut in half
- 5 cups zucchini, sliced in ¼-inch rounds, then cut in half
- 1 teaspoon sweet basil, dried or fresh
- 2 teaspoons parsley, dried or fresh
- 1 teaspoon red pepper flakes
- 2 teaspoons salt
- 2 cloves garlic, minced
- ¼ teaspoon oregano, dried or fresh
- 6 cups spaghetti sauce of your choice
- 1 package no-cook lasagna noodles OR whole grain lasagna noodles cooked according to package directions
- as needed non-stick cooking spray



Directions

Preheat oven to 350 degrees. Spray a large skillet with non-stick cooking spray. Add onions and over medium heat, sauté until clear. Add peppers and when slightly tender, add remaining vegetables and spices and sauté until tender. Set aside. Spray a 9x13 inch glass baking dish with non-stick cooking spray, then spread 2/3 cup spaghetti sauce evenly over bottom of dish. Layer with 1/3 of the lasagna noodles, 1/3 of the vegetables, and 2/3 cup sauce. Repeat layering in the same order, two more times, for a total of three layers, ending with sauce. Place glass dish on a baking sheet and place in oven. Bake for approximately 40 minutes, or until hot and bubbly. Serve hot!

Yields: 24 – ½ cup servings

**I'm not a huge fan of lasagna, basically because I don't eat cheese that the traditional recipe calls for, and I'm not fond of tofu as a replacement. So, I came up with this recipe and it's one that I can honestly say I love! The red pepper flakes are the "secret ingredient!" You can use your homemade sauce or your favorite purchased sauce. My favorite from the grocery store is "Prego Mushroom Sauce." It has just the right balance of savory with a hint of sweetness!*

—Brenda