

SWEET POTATO LASAGNA

Variation of Forks Over Knives Recipe

INGREDIENTS

Sea Salt - to taste

Cashews - 1 Cup

Black pepper - Dash

Nutritional Yeast - 1 ½ Tbsp

Fresh Lime Juice - 3 Tbsp

Garlic Powder - ¼ tsp or to taste

White Sweet Potatoes - 3lbs peeled

Leeks - 2 Cups chopped

Button Mushrooms - 12 oz finely chopped

Fresh Garlic - 4 cloves chopped

Swiss Chard - 1 Bunch

Spinach - 1 Bunch

Tomatoes - 3 Cups diced

Red Onion - 1 Cup chopped

Tomato Paste - 12 oz

Pitted dates - 2

Dried Oregano - 2 Tbsp

Dried Basil - 2 Tbsp

Red Pepper Flakes - to taste

Kite Hill Ricotta Cheese

Lasagna Noodles (16) - Your choice:
Rice (GF), Regular or Zucchini slices

SHOPPING LIST

- Cashews
- Nutritional Yeast
- Lime
- White-fleshed Sweet Potatoes
- Leeks
- Button Mushrooms
- Fresh Garlic
- Swiss Chard
- Spinach
- Tomatoes
- Red Onion
- Tomato Paste
- Pitted Dates
- Kite Hill Almond Ricotta
- Lasagna Noodles
- Spices not currently in pantry



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DIRECTIONS

- 🌱 **To make Cashew Cheese:** Place cashews in bowl and soak in water for 1-2 hours.
 - Drain cashews and place them in blender/food processor with nutritional yeast, 2 Tbsp lime juice, garlic powder, ¼ tsp salt, ¼ tsp pepper and ¾ cup water. Blend until smooth consistency of cream cheese.
 - Transfer cheese to pastry bag or squeeze bottle (I've used a zip lock bag in a pinch) and set aside

- 🌱 **To make Sweet Potato Filling:**
 - Steam sweet potatoes in steamer basket (2 inches of water), cover and steam until knife tender, 15-17 minutes. Transfer to large bowl.
 - Mash sweet potatoes, add 1 tbsp lime juice and salt to taste, mix well. Set aside

- 🌱 **To make Sautéed Greens:**
 - Combine leeks and ¼ cup water in sauté pan. Cover and cook over low heat until leeks are very soft, about 15 minutes.
 - Add the finely chopped mushrooms, 2 cloves of garlic and salt to taste. Cook, covered, over medium heat, until mushrooms are soft, 5-7 minutes.
 - Add swiss chard and spinach, cook uncovered until greens are tender, 5-7 minutes. Remove from heat and allow to cool.

- 🌱 **PREHEAT OVEN TO 350 F**

- 🌱 **To make the Tomato Sauce:**
 - Combine tomatoes, onion, tomato paste, dates, 2 cloves garlic and 1 cup water in blender/food processor. Blend until smooth.
 - Transfer mixture to saucepan, add oregano, basil, pepper, red pepper flakes, generous pinch of salt, 2 cups water. Cook over medium heat for 40 minutes. Taste for seasoning, set aside.

- 🌱 **To prepare the Noodles:**
 - **Rice or Traditional Noodles:** Bring large pot of water to a boil. Cook noodles according to instructions on package. Drain thoroughly. Rinse in cold water until cool to touch. Spread noodles on wire rack or towel making sure they don't overlap. Allow to cool.
 - **Zucchini Noodles:** Slice zucchini lengthwise (approximate thickness slightly thicker than traditional noodles) to make noodle shapes. Set aside.



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 **To Assemble the Lasagna:**

- Spread 1 ½ cups of the tomato sauce over the bottom of a 9x13 lasagna pan (min 2 inches deep).
- Arrange a layer of noodles on top of sauce, slightly overlapping them.
- Top with ½ the mashed sweet potatoes, and ½ container ricotta cheese dollops.
- Arrange another layer of noodles then spread all of the greens on top.
- Pipe ½ of the cashew cheese sauce on top of the greens (if using resealable bag, just snip corner to create funnel opening).
- Arrange another layer of noodles (4 rice or traditional, zucchini to fit) on top of the cheese sauce. Spread ½ of remaining tomato sauce over the noodles.
- Spread remaining sweet potato mash on top.
- Arrange last layer of noodles atop sweet potatoes.
- Spread remaining tomato sauce on top.
- Place remaining ricotta cheese dollops across pan.
- Pipe remaining cheese sauce in random pattern on top of sauce & ricotta.

 Bake until cheese on top is lightly browned and sauce is bubbling along the sides of the pan, 45-50 minutes.

 Let stand for 5 minutes before serving HOT!

Enjoy with bread and salad!



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