

Vegetable Lasagna Rolls

Serves 4 - 6

INGREDIENTS:

2 Globe Eggplants, sliced into 12 slices lengthwise

1 teaspoon Granulated Garlic

1 teaspoon Smoked Paprika

2 tablespoons Yellow Miso Paste

1/4 Cup Basil, chopped

2-4 Tablespoons Water

12 Whole Wheat Lasagna Sheets

2 12 oz. pack Firm Tofu, drained & pressed for 20 minutes

1 Lemon zested with a micro zester

1 Lemon Juiced

4 Cups Baby Spinach

1 teaspoon Granulated Garlic

1 teaspoon Onion Powder

1/4 Cup Nutritional Yeast

1/2 Cup Roasted Red Pepper strips, jarred

1/4 Cup Basil, chopped

1 32 oz. bottle Tomato Sauce



Recipe by Stefen Janke/Plant Punk Kitchen

DIRECTIONS:

1. Preheat oven to 400 F
2. Bring a large pot of water to a boil.
3. Line two baking sheets with parchment paper. Lay the sliced eggplant on sheets. In a small mixing bowl combine the miso, granulated garlic, paprika, basil and water. Using your fingers spread a thin layer onto each eggplant sliced. Place in the oven cooking for 10-12 minutes. Cook just until the edges start to turn light brown.
4. Place the lasagna noodles into the boiling water. Reduce the heat to a rolling simmer and stir.
5. Cook until the noodle are al dente. (It's always best to follow the manufactures directions). Once cooked drain and rinse. Set the noodles and the eggplant aside.
6. Place the tofu, lemon juice, lemon zest, granulated garlic, onion powder, nutritional yeast in a food processor. Pulse to start combining the Tofu, scrape the side down and pulse again. Remove the Tofu from the food processor place into a large bowl.
7. Spread the spinach on a lined baking sheet and place in the oven. Cook for about 2-3 minutes, until the Spinach wilts. Rough chop the Spinach and Red Peppers.
8. Add the spinach, peppers and the chopped basil to the Tofu. Gently folding until well combined.
9. Pour about 1 cup of tomato sauce into your oven proof baking dish, spread evenly.
10. On a cutting board place the lasagna sheet down, place the eggplant on top, then a generous scoop of the Tofu filling at the end and roll up. Placing the seam side down in the baking dish. Repeat until all ingredients are rolled up.
11. Spoon more sauce over the lasagna rolls and bake at 375 degrees for 20-25 minutes.