

# Mark's Kitchen

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## Roasted Vegetable Lasagna with Cashew "Ricotta"

Serves: 6

Ready in: 1 hour and 25 minutes

Who says you can't enjoy comfort food while nourishing your body? Prepare this dish when you want to share a hearty, delicious meal the entire family will love. From my experience, it is best to double the recipe, making two lasagnas and freezing one for later, because this will quickly become a family favorite!

### Ingredients for ricotta "cheese"

- 2 cups raw cashews
- 2 tablespoon extra-virgin olive oil
- 4 teaspoons fresh lemon juice
- 1 teaspoon sea salt

### Ingredients for lasagna

- 1 small eggplant, very thinly sliced lengthwise
- 1 zucchini, very thinly sliced lengthwise
- 1 yellow summer squash, very thinly sliced lengthwise
- 1 bell pepper (any color), seeded and cut into large squares
- 1/4 cup extra-virgin olive oil
- 1 teaspoon sea salt
- 1 large omega-3 egg, beaten
- 1/2 teaspoon dried oregano
- pinch of freshly ground black pepper
- 1 (15-ounce) can crushed tomatoes
- 2 cups Ricotta "cheese"

Step 1: Make the ricotta cheese. Soak the cashews in a bowl of hot water for at least 1 hour at room temperature or up to 24 hours in the refrigerator.

Step 2: Drain the cashews and place them in a food processor, along with the olive oil, lemon juice, salt, and 1/4 cup of warm water. Process the ingredients until a smooth paste forms; you may need to add a bit more water, depending on how long you soaked the cashews. Store any leftover “cheese” in an airtight container in the refrigerator for up to 3 days.

Step 3: Preheat the oven to 400°F. In a large bowl, combine the eggplant, zucchini, summer squash, and bell pepper with the oil and salt and toss well. Spread the vegetables in a single layer on two baking sheets and roast until they start to brown and caramelize around the edges, 20 to 25 minutes, rotating the sheets half-way through the cooking time.

Step 4: Remove the baking sheets from the oven and set them aside to cool. Lower the oven temperature to 350°F while the vegetables are cooling, whisk together the cashew “cheese,” egg, oregano, and black pepper in a medium bowl. Spread one-fourth of the mixture in the bottom of a 9-inch square glass baking dish, then spoon 1/2 cup of the crushed tomatoes on top. Cover the tomatoes with a layer of one of the types of vegetables. Continue to layer the remaining “cheese,” tomatoes, and vegetables until everything is used up, finishing with tomatoes.

Step 5: Bake the lasagna for 30 minutes. allow it to cool for 5 minutes before serving.

*Nutritional analysis per serving: Calories: 440, Fat: 34 g, Saturated Fat: 6 g, Cholesterol: 40 mg, Fiber: 6 g, Protein: 12 g, Carbohydrates: 28 g, Sodium: 512 mg*