

# Zucchini Lasagna with Cashew Cheese



## Ingredients

### Basil-Cashew Cheese

- 1 cup unsalted cashews
- ½ cup unsweetened almond milk
- ¼ cup fresh basil leaves
- 2 garlic cloves
- ½ teaspoon sea salt

### Zucchini Lasagna

- 6 medium zucchinis
- Coarse salt
- Fresh basil, for garnish
- Olive oil, for drizzling

### Artichoke-Tomato Sauce

- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 14.5-ounce can no-salt-added diced tomatoes
- 8-ounce can no-salt-added tomato sauce
- 1 cup chopped marinated artichoke hearts
- ¼ cup fresh basil leaves, torn into pieces
- Red pepper flakes, to taste
- Sea salt, to taste
- Freshly-ground black pepper, to taste

Prep Time: 60 Minutes  
Cook: 1 Hour 10 Minutes

## Directions

### Basil-Cashew Cheese

- Soak the cashews in a bowl of water for 30 minutes. Drain and rinse well.
- Add all the ingredients to a food processor or blender and process/blend until smooth.

### Artichoke-Tomato Sauce

- Heat oil in a medium skillet. Add diced onions and cook for 3-4 minutes, until onions are softened.
- Add garlic and cook for 30 minutes, stirring frequently, until fragrant.
- Next, add the diced tomatoes, tomato sauce, artichoke hearts and basil leaves.
- Season with red pepper flakes, sea salt and pepper. Bring the sauce to a boil and then simmer on medium low for 10 minutes.

### Zucchini Lasagna

- Preheat oven to 375 degrees F.
- Slice each zucchini into 1/8" thick slices. Salt the zucchini slices heavily and set aside for 20 minutes to drain the water out.
- Squeeze as much water out of the zucchini slices as possible.
- Spread a few tablespoons sauce on the bottom of a casserole dish.
- Lay 4-5 zucchini slices side-by-side on the bottom of the dish.
- Top the slices with ½ cup sauce and ¼ cup cashew cheese.
- Repeat with the remaining ingredients, ending with a final layer of sauce and cheese.
- Garnish with more fresh basil and a drizzle of olive oil.
- Bake, covered, for 30 minutes and then bake, uncovered for 20-25 minutes or until the top of the lasagna is golden brown.
- Let the lasagna sit for 15 minutes before cutting and serving. Serve with another drizzle of olive oil.

