

Veggie Lasagne

Serves 4

Because of the cottage cheese, this is not a vegan dish.

Spray oil plus 1 teaspoon

16 oz (450 g) ground meat substitute or cooked lentils

2 tablespoons diced onion

1 tablespoon chopped fresh fine thyme or 1 teaspoon dried thyme

1 tablespoon chopped fresh basil or 1 teaspoon dried basil

1 tablespoon chopped fresh oregano or 1 teaspoon dried basil plus extra for garnish

1 8 ounce can tomato soup

2 tablespoons Parmesan cheese/vegan substitute

16 oz (450 g) cottage cheese

6-9 no boil lasagne noodles

2 oz (55g) shredded mozzarella/vegan substitute

Dash of nutmeg

Salt to taste

Heat oven at 350 °F (180 °C). Mix herbs in a small bowl and take out 1 teaspoon of fresh or ½ teaspoon of dried herbs and add to cottage cheese. Add parmesan cheese to cottage cheese, mix and set aside. In a medium saucepan, sauté diced onion in oil. When onion softens, add meat substitute or lentils, breaking meat substitute into smaller pieces if using. Add herbs and garlic and stir in tomato soup. Add salt to taste and a dash of nutmeg. To assemble lasagne spread out half of the “meat” sauce on the bottom of a baking dish. Top with 2-3 lasagne noodles to make one layer, spread half of the cottage cheese mixture on noodles, follow with another layer of noodles, a layer of “meat” sauce, a third layer of lasagne noodles then top with remaining cottage cheese. Top cottage cheese with shredded mozzarella and sprinkle oregano on top. Bake at 350 °F (180 °C) for 35 minutes. Serve with garlic bread and a salad.

