

Outstanding Meatless Lasagna with Walnuts

This freezes beautifully, either baked or unbaked. Just leave off the nuts and parsley.



- 1 large eggplant, peeled and diced
- 2 large zucchini, diced
- 1 large onion, peeled and diced
- 16 ounces ricotta cheese
- 1 block frozen **chopped** spinach, thawed and squeezed as dry as possible
- 1 large egg
- 1 cup grated Parmesan or Romano cheese
- ½ teaspoon ground nutmeg
- 10 ounces shredded mozzarella, (about 2 ½ cups)
- 1 can of water chestnuts, drained and chopped (optional but good)
- 5 cups of marinara sauce (two 24 ounce jars)
- 1 to 1 ½ cups toasted chopped walnuts & chopped fresh parsley
- 9 or 10 "Oven Ready" or "No Boil" lasagna sheets

Roast the diced veggies on a foil or parchment lined baking sheet under the broiler until they're done to your liking. I like some char on mine, so about 7 to 10 minutes for me. Set aside.

In a bowl combine the ricotta, the egg, 1/2 cup of the parmesan, the spinach, the nutmeg, 1 teaspoon salt and ½ teaspoon pepper.

Spray a large lasagna pan with cooking spray. Spread 1 cup of the marinara in the bottom of the pan. Place 3 lasagna sheets (crosswise) on top. Spread ½ of the ricotta mixture evenly over the pasta and top with one third of the roasted veggies. Sprinkle 1/3 of the mozzarella over the veggies, and 1/3 of the parmesan. Now evenly spread about 1 1/2 cups of the marinara. Top with more lasagna Sheets, then the rest of the ricotta mixture, and another 1/3 of the veggies. Sprinkle another 1/3 of both the mozzarella and parmesan. Spread another 1 1/2 cups of the sauce. Layer the remaining noodles and top with the remaining marinara and then the remaining veggies and finally the remaining mozzarella and parmesan. Bake at 375 for an hour or until bubbly. Before serving, top with toasted walnuts and chopped parsley.