



LASAGNA WITH CASHEW BECHEMEL { gluten free, dairy free, egg free }

Makes a 8" x 10" lasagna or serves 4-5.

MAKE IN ADVANCE:

- Cashew cream can be made in advance and stored in a tightly-covered container in the fridge for 5-6 days.
- Lasagna can be assembled and frozen. Use an oven-safe, freezer-safe dish and tightly wrap it up. I like to put a layer of foil followed by one or two layers of plastic wrap. Label with content and date. It can be frozen for at least a month or so and reheated directly from the freezer in the oven. Remove the plastic wrap layers and loosen the foil layer so that it forms a loose tent. Bake until the filling is completely heated through and sizzling (a meat thermometer inserted in the middle should read 165f). This may take 60 minutes or more. For the last 10 minutes, remove the foil completely so the top can get a nice brown.

INGREDIENTS

For the cashew cream:

1 C raw unsalted cashews, soaked 3 hours minimum (see Method below)

1/2 tsp kosher salt

Small handful of fresh parsley leaves

For the lasagna:

1 280g package dry rice lasagna noodles (I use this [brand](#) which has great texture when cooked)

5 C Everyday Veggie-Loaded Ragu (or your favorite pasta sauce)

METHOD

1. Soak cashews with approximately double the amount of water for 3-4 hours or overnight, whichever is more convenient. Drain and rinse very well in fresh water. Place in blender with about 3/4C fresh water and the salt and blend until smooth.



2. Preheat oven to 350f. Boil lasagna noodles according to package instructions but undercook at least 2 minutes or so since lasagna will be going into the oven. You may want to do the noodles in batches depending how large your pot is. Drain and lay not touching each other to avoid sticking (I park them on a large wooden cutting boards).
3. Begin assembling the layers in an approx 8" x 10" rectangular oven-safe dish. Begin with a thin layer of sauce on the bottom of the dish (use about 3/4C), followed by 3 strips of noodles, 1C of sauce, 1/3C of cashew cream and 3 more strips of lasagna noodles. Continue this way until you have 4 layers of noodles. There should be about 1 1/4C of sauce as well as just over 1/3C of cashew cream to generously cover the top. For the cashew cream, I like to drop blobs of it all over and then smooch it around just a tiny bit with the back of the spoon. I like the way it looks that way.
4. Bake the lasagna for about 30 minutes or until thoroughly heated through and the top is just starting to brown. Allow it to sit a few minutes before cutting and serving.

Enjoy and thank you for reading! xx