

Vegetable Lasagna Rolls

These savory vegetable lasagna rolls put a fresh spin on traditional lasagna—fun to make, delicious to eat, and easily adaptable for gluten-free, vegan, or vegetarian diets. Packed with vibrant veggies and layers of flavor, they're a great way to get creative in the kitchen, whether you're cooking solo or with a group. Perfect for meal prep or a cozy gathering, this dish brings comfort and nourishment to the table in every bite!

INGREDIENTS

1 package lasagna noodles, discard broken noodles
4 tablespoons extra virgin olive oil
2 cloves garlic, minced
1 medium yellow onion, small dice
1/4 pound shiitake mushrooms, thinly sliced
1 medium zucchini, 1/4 moons
1 clamshell of baby spinach, cleaned and rough chop
1 pound firm tofu, crushed
1/3 cup mellow white miso, not sweet
1/4 cup flat leaf parsley, rough chop
2 sprigs fresh rosemary, minced
1 28 oz can crushed tomatoes
1 cup shredded mozzarella cheese, optional

STEP 1

In a large pot, bring water and 1 tablespoon of olive oil to boil and add noodles. Cook for about 10 minutes or until soft (but not too soft). Strain, mix with 1T olive oil and lay out on flat surface

STEP 2

In a large sauté pan, heat the remaining 2T of oil on medium. Add garlic and onions and sauté until onions are wilted. Then add remaining vegetables and cook until soft (about 5 minutes).

STEP 3

Drain water from the tofu then crush with hands into a bowl (should look like ricotta cheese); combine with herbs and miso and mix well.

STEP 4

Pre heat oven to 350°.

STEP 5

To assemble lasagna, take one noodle and lay on flat surface. Spread tofu filling on 3/4 of noodle then layer vegetables (roughly 2 tablespoons) on top. Roll noodle to form a spiral. Place in baking dish. Repeat until noodles are finished.

STEP 6

Cover lasagna with can of crushed tomatoes (and cheese if desired) then bake for 15 minutes to finish.

SERVES

8

TIME

🕒 45m

SHOPPING LIST

1 package lasagna noodles
1 bottle extra virgin olive oil
1 head garlic
1 medium yellow onion
1/4 pound shiitake mushrooms
1 medium zucchini
1 clamshell of baby spinach
1 pound firm tofu
1 container mellow white miso, not sweet
1/4 cup flat leaf parsley
1 bunch fresh rosemary
1 28 oz can crushed tomatoes
1 bag shredded mozzarella cheese, optional

EQUIPMENT

Large pot with cover
Colander
Sheet pan with parchment
Large saute pan
Medium bowl
Baking dish

STORAGE

Store in the fridge for 3-4 days