

Squash and Kale Lasagna Roll Ups

Ingredients

- ½ onion, diced
- 2 cloves garlic, minced
- 3 large cremini mushrooms, diced
- 1 bunch of kale, chopped
- 12+ lasagna noodles
- Olive oil, for cooking
- Salt and pepper, to taste

For the Almond Cheese

- 2 cups blanched almonds
- 1 tbsp. apple cider vinegar
- 1 tsp. salt
- ¼ cup coconut oil, melted

For the Squash Sauce

- 2 tbsp. olive oil
- 2 cups cooked squash
- ½ onion, diced
- 3 cloves garlic, minced
- 1 tbsp. herbs de province
- 2 tbsp. nutritional yeast
- ¼ tsp. nutmeg
- 1 tbsp. white miso paste
- 1 tsp. apple cider vinegar
- 1 cup vegetable broth

Steps

1. *To make the almond cheese* you need to first soften your almonds. You can either place them in water and let them soak overnight, or let them boil for around 30 minutes, or you can pressure cook them for about 15 minutes. If they do not already have the skins removed, do so and discard the skin. Place the almonds, apple cider vinegar, salt, coconut oil, and ½ cup of water in a blender, and blend until smooth, stopping to scrape down the sides occasionally.

2. *To make the sauce* start by heating a little oil in a saucepan. Add the onions and garlic, sautéing a few minutes. Add the herbs, nutritional yeast, nutmeg, and squash, all together, tossing it together.



Once the squash is coated, add the miso paste, vinegar, and vegetable broth, and bring to a simmer. Let simmer for 4-5 minutes before blending into a smooth sauce.

3. *To make the kale filling* heat a little more oil in a medium-sized skillet. Once hot, add the onion and garlic, and sauté for a couple minutes, until fragrant. Add the mushrooms, and cook for another minute or two before adding the chopped kale. Sauté until it has released a good amount of moisture. Season with salt and pepper, and set aside.

4. *Putting it all together* preheat the oven to 350°F (175°C). Prepare a casserole dish with a thin layer of the squash sauce, to prevent sticking. Prepare your lasagna noodles as directed on the package. You will only need 12 noodles, but you might want to make more in case some break. Once the noodles are cooked, drain and toss in some oil to prevent sticking. Lay out a few noodles on a clean surface. Place a couple tablespoons of the almond cheese on each noodle, and gently spread it out leaving about an inch bare at the end. Add a heaping tablespoon of the kale filling, and spread that along the noodle too. Neatly roll the noodle up into a spiral, and place with the seam down in your casserole dish. Repeat with the remaining noodles. Cover the top of the noodles with the remaining sauce, spreading it out to cover all the pasta. Cover your dish with aluminum foil, and bake for 25 minutes or so, to get everything nice and warm. Enjoy!