

Nutritional yeast is a vegetarian friendly source of vitamin B₁₂ that can be paired with a variety of foods. Vitamin B₁₂ is an important nutrient for healthy glowing skin as it controls cell growth and life span.

Vegan Butternut Squash Lasagna w/ Cashew Cheese & Kale Pesto

Ingredients

Squash: (noodle replacement!)

1 medium-large butternut squash
2 teaspoons olive oil

Kale Pesto:

4 cups kale, ripped (no stems)
1-2 cloves garlic
2 teaspoons nutritional yeast
1/3 cup+ olive oil
Dash of salt
Dash of pepper

Cashew Cheese:

2 cups cashews (soaked in water for at least 2 hours & drained)
1/2 cup water
1/2 teaspoon garlic powder
1 teaspoon salt
Juice of 1 lemon
1 tsp nutritional yeast

Instructions

1. Make the cashew cheese first, submerge 2 cups of cashews in water and let sit for at least 2 hours to soften up. Drain cashews and add all cheese ingredients to a blender, mix until smooth and set aside.
2. Make the pesto next, mix all ingredients in a food processor, add more olive oil as necessary (maybe 1-2 teaspoons). Set aside.
3. Pre-heat the oven to 450° F and line a baking sheet with parchment paper. Peel the butternut squash, and cut the bulb off and set aside. Half the top part and then cut into half-moon shaped slices (approx. 1/4 inch thick). You should have enough for about 3 layers of the lasagna using an 8 inch dish.
4. Toss the butternut squash slices with 2 teaspoons olive oil and season with salt and pepper, arrange slices in a single layer on the baking sheet and roast for 20 minutes until tender.
5. Let squash cool for 10 minutes until you can handle the slices, reduce the heat to 350f degrees.
6. Lightly grease a glass dish or casserole dish and start by arranging the squash slices slightly overlapping. Next, add dollops of pesto all around, then the same for the cashew cheese. Add your 2nd layer and continue until you're done, you may have a little pesto or cheese leftover depending on how much you use.
7. Bake lasagna for approx. 25-30 minutes and serve!



Source: http://www.foodbymars.com/home/2015/butternut-squash-lasagna-w-cashew-cheese-kale-pesto#_a5y_p=3588374

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