

Vegetable Lasagna, Gluten-Free Style



From the kitchen of Amy Daws, CMT

This gluten-free (noodle-free) take on vegetable lasagna is one of my favorite recipes for any season. As someone who likes to eat nutritious meals packed with veggies, but doesn't like spending a lot of time each day figuring out what to eat this is a great option. You can make a pan on a day off and have it to eat throughout the week. This recipe can easily be made dairy free by omitting the parmesan cheese or substituting dairy free cheese. Feel free to play with different vegetables as they go in and out of season.

Ingredients:

- 1 can organic tomatoes, diced and unsalted
- 1/2 yellow onion, finely diced
- 1 clove garlic, chopped
- 1 pound ground pork sausage
- olive oil
- vegetables, thin sliced with a mandolin
 - 4 potatoes
 - 2 zucchini
 - 3 carrots
 - 1 eggplant
- 1/2 green pepper
- 6 mushrooms
- parmesan cheese, grated
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp crushed red pepper (optional)
- 1 bay leaf
- salt and pepper

Directions:

- 1.) Heat oil in a pan at medium high heat.
- 2.) Add finely diced onions to pan and cook until they start to become translucent.
- 3.) Add ground pork sausage to onions. Breaking it up into small bits until fully cooked.
- 4.) Add garlic to pan when ground pork sausage is almost fully cooked.
- 5.) While the sausage is browning, puree 1 can of tomatoes in a food processor.
- 6.) Add tomatoes to sausage when it is fully cooked.
- 7.) Season with oregano, basil, crushed red pepper and one bay leaf. Add a splash of olive oil for robustness.
- 8.) Turn sauce down to low and let simmer 20-30 minutes. Salt and pepper to taste.

- 9.) Thinly slice all vegetables with a mandolin. Keep each vegetable in separate piles.
- 10.) When sauce is ready, start layering vegetables in a 11x13 inch pan. Start with a little bit of sauce on the bottom of the pan and a layer of potatoes. After two or three different vegetable layers, add a layer of sauce, a shake of salt and pepper and a layer of grated parmesan. Continue until all ingredients are gone. End with a layer of sauce and grated parmesan.
- 11.) Bake in oven, covered, at 350 degree for approximately one hour, uncovered.
- 12.) Let sit for 10 minutes before serving.