



Sweet Potato Lasagna

8 Servings • 1 Serving = 1 Slice

Adapted from Minimalist Baker

INGREDIENTS

- ¾ cup raw cashews
- 1/3 cup and 1 Tablespoon nutritional yeast, divided in half
- Sea salt, to taste
- ¼ teaspoon garlic powder
- 1 cup olive oil, divided
- Freshly ground black pepper, to taste
- Juice of 2 lemons
- 12 ounces extra firm tofu, drained and pressed dry for 10 minutes
- 1 ½ cup basil, finely chopped, ½ cup divided
- 1 Tablespoon dried oregano
- 3 large sweet potatoes
- 2 cloves garlic, finely minced
- Water, as needed

DIRECTIONS

1. Preheat oven to 375°F.
2. Add cashews, 3 Tablespoons nutritional yeast, ¾ teaspoon salt, and garlic powder to a food processor or blender. Pulse until “cheese” mixture is finely chopped.
3. Add 3-4 Tablespoons oil, salt, pepper, lemon juice, tofu, remaining nutritional yeast, ½ cup basil, oregano, and ¼ cup “cheese” mix to a food processor or blender and pulse to combine, scraping down sides as needed. Mixture should be semi-pureed with bits of basil still intact. Taste and adjust seasonings as needed.
4. Peel sweet potatoes and slice thinly with a very sharp knife or mandolin. They shouldn't be paper thin, but semi-thick and bendable (about 1/8”).
5. In a 9x13” dish, begin laying down the sweet potatoes in a single layer, overlapping slightly.
6. Top with one-third of the tofu mixture and spread using a spoon or spatula. Top with another layer of sweet potatoes, slightly overlapping. Repeat until you have three total layers of tofu, and four layers of sweet potatoes. The top layer should be sweet potatoes. Cover with foil and bake for 50 minutes.
7. Remove foil, increase oven heat to 400°F, and bake uncovered for another 5-10 minutes to slightly brown the top layer.
8. While the lasagna is cooking, add remaining olive oil, remaining basil, and garlic to a blender or food processor. Mix on medium-low speed to combine, then add ¼ cup “cheese” mix and a pinch each salt and pepper. Pulse to combine again.
9. Add water to thin until a pourable pesto sauce is achieved, mixing on high until only small bits of basil and garlic remain. Taste and adjust seasonings as needed.
10. Let lasagna cool slightly before serving. Top entire lasagna with desired amount of pesto, or reserve for individual servings.

Nutrition Facts

8 servings per container	
Serving size 1 slice	
Amount per serving	
Calories	450
	% Daily Value*
Total Fat 35g	45%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 3mg	15%
Potassium 482mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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