

Dairy-Free Turkey & Veggie Lasagna

Sauce:

2 Tbs Olive Oil
1 onion, chopped
8 oz mushrooms, sliced
2 cloves garlic, crushed
1 Tbs mixed Italian herbs
Salt and pepper to taste
1 lb ground turkey or turkey sausage
28 oz can diced tomatoes
15 oz can tomato sauce

Spinach Layer:

10 oz frozen chopped spinach, thawed and drained
8 oz Tofutti Better than Cream Cheese, softened

Additional:

½ pkg egg and dairy-free lasagna noodles, uncooked
3 lrg zucchini
Olive oil spray
Dried Oregano

Mixture:

Saute onions in oil until translucent. Stir in mushrooms and seasonings. Add ground turkey and cook until all pink is gone. Stir in crushed tomatoes and tomato sauce. Set aside.

In a medium bowl, mix together spinach and Tofutti until combined. Set aside.
Using a mandolin or food processor, slice the zucchini thinly.

Layer in a sprayed 9 X 13 pan as follows:

Thin layer of sauce
3 Noodles
1/3 remaining Sauce
3 Noodles
Another 1/3 Sauce
Spinach mixture
3 Noodles
Remainder of Sauce
Overlapping rows of zucchini

Spray zucchini with olive oil and sprinkle with oregano.

Bake covered with foil at 375° for 45 minutes.