

Gluten Free Vegetarian Eggplant Lasagna

2 eggplants peeled and thinly sliced lengthwise
1 med organic onion, diced
1 green or red pepper, diced
4 cloves minced garlic
1 lb (500gm) mozzarella, shredded
1 lb (500gm) ricotta cheese
¼ cup fresh parmesan cheese, grated
4 tbsp organic extra virgin olive oil
1 cup dried Shiitake mushrooms soaked in water (available at Costco)
One package of Tinkyada Lasagne Rice Noodles
Salt and pepper and hot peppers to taste.

Marinara Sauce

1 794 ml can organic crushed tomatoes
1 cup red wine
2 tbsp fresh chopped parsley
4 tsp basil
4 tsp oregano
salt and pepper to taste

In a frying pan cook onions, pepper, hot peppers, drained mushrooms and garlic in olive oil until soft. Add crushed tomatoes, red wine and herbs and simmer covered for 10 minutes. Add salt and pepper and simmer for another 10 minutes.

Cook the entire package of rice noodles for about 10 minutes. If overcooked they will break more easily when they are being placed into layers.

In a 11 x 15 inch pan place a layer of sliced eggplant, then a layer of el dente cooked lasagne noodles, cover with a layer of ricotta cheese, then ½ of the mozzarella and pour 1/2 of the sauce over the mozzarella. Repeat this layer: eggplant, lasagne noodles, ricotta and mozzarella and the rest of the sauce. Cover with foil and bake at 350 degrees for one hour. Before serving add the remainder of the mozzarella cheese topped with parmesan.

Many different types of cheeses can be substituted if desired.

Freezes well for lunches or dinners.