

Do Your Body a Favor and Eat Vegetarian

Vegetarian Lasagna is a delicious, healthy alternative to the meat-based version and just as tasty! There is a huge variety of Vegetarian Lasagna recipes out there so we've included what we think are the picks of the bunch. Recipes like Wild Mushroom Lasagna with Lemon, Lasagna Verdi with Spicy Red Kidney Beans, or Roast Pumpkin and Ricotta Cheese Lasagna are guaranteed to make your taste buds tingle. We've also included the recipe for very easy and extremely tasty Roasted Red Pepper and Basil Lasagna that is both meat and dairy free (so as long as the pasta is of the egg-free variety, this dish is perfect for Vegans).

Cooking Vegetarian Lasagna is a good chance to be creative in the kitchen and try making something a little different from usual. Today we have access to a huge number of exciting spices and herbs that are perfect accompaniments to pasta and delicious fresh vegetables.

Mediterranean Magic

Lasagna (or Lasagne) is one of Italy's most well known dishes and vegetarian lasagna is loved by vegetarians as well as many meat eaters worldwide. Italy is home to a wealth of vegetarian delights, which is partly thanks to Italy's warm climate and rich Mediterranean soils, as well as

the sheer love of beautiful fresh produce: fresh vegetables, fruit and herbs play a vital role in all Italian cooking.

There's no better country for the vegetarian to visit, either literally or virtually through its varied and colorful cuisine.

Fresh is Best

When you're making your Vegetarian Lasagna, follow the Italian example by buying the freshest produce available. Local farmers' markets usually provide the very freshest produce, and will often have organically grown fruit and vegetables available (which is always preferable). If you have a garden you may be lucky enough to grow your own ingredients for your vegetarian lasagna, and if aren't able to do this then window boxes and window sills provide a fun and satisfying way to supply your own fresh herbs.

Making Vegetarian Lasagna

Vegetarian Lasagna is easy to make and is not as time consuming or fiddly as some other baked mains. Most of the recipes included here at vegetarianlasagna.net take a relatively short time to prepare and bake; yet the finished product is certain to impress family and friends.

Cooking vegetarian lasagna is a breeze. Ideally you will have a clean, organized workspace to prepare your dish with at least one large breadboard and one sharp knife suitable for cutting vegetables. You will need a large, flat-bottomed baking dish. A square or rectangular (rather than oval or round) dish is preferable due to the square nature of the lasagna 'sheets' (often called lasagna 'noodles').

A mortar and pestle can come in handy for grinding up spices, herbs, nuts and seeds.

Lasagna sheets are inexpensive and easy to use. Most of the recipes here use the 'instant' variety of 'oven ready' lasagna sheets that don't require any pre-cooking, however, the fresh varieties don't require much more effort, so use whichever one you prefer. If you have the time, try using fresh lasagna noodles and precook them following the instructions on the packet.

The instant variety of lasagna is made from Durum wheat semolina and contains no additives. Delightfully simple and natural, lasagna sheets combined with fresh vegetables and herbs makes for a healthy and delicious main meal.

Instant lasagna sheets may be easily stored for later use; transfer any leftover lasagna noodles to moisture-proof containers. Ensure the containers are thoroughly dried before filling.

Follow your vegetarian lasagna with a delicious dessert like [vegan chocolate cake](#) .

Is a Vegetarian Diet a Balanced Diet?

Dishes like Vegetarian Lasagna served with a fresh, green salad should provide a perfectly balanced meal of carbohydrates, proteins and vitamins.

As long as a vegetarian diet is varied and includes a good range of grains, nuts, seeds, dairy or soy products, a small amount of fatty acids (from plant oils for example) and plenty of fresh fruit and vegetables, it should be nutritionally balanced. A balanced Vegetarian diet is far better for your health and general well being, as well as being better for the planet.

Like vegetarianism, choosing to become Vegan is a healthy, ethical lifestyle choice you can

make, however you may find you need to think a little bit harder about planning your meals in order to get all the nutrients you need. Of course, vegan meals can be exciting and tasty as well as healthy. The vegan lasagna recipes here all provide treats for you taste buds. Another favorite "quick 'n' ezy" vegan meal of mine comes in the form of pizza. Flexible, and always popular with the kids as well as most adults, vegan pizza is also very low fat. Next time, try out some of the recipes at www.vegan-pizza.com

Vegetarian Lasagna Nutrition Facts

Vegetarian Lasagna typically contains a selection of the following:

Carbohydrates

Grains: Lasagna noodles

Root Vegetables: Potatoes, pumpkin, parsnip

Protein

Nuts and Seeds

Soy products: Tofu, tempeh and soy milk

Dairy products (excluding butter and cream, which aren't effective sources of protein)

Eggs

Pulses: Beans, chickpeas and lentils

Vitamins

Vitamin A: Tomatoes, carrots, peppers, leafy dark green vegetables

Vitamin B: Nuts and seeds, pulses, green vegetables

Vitamin B12: Eggs, soy products, sprouts

Vitamin C: Tomatoes, potatoes, green leafy vegetables

Vitamin E: Vegetable oil, whole grains, eggs, nuts, avocados

Vitamin K: Vegetables