



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Quinoa Lasagna

- 1 can Peeled Tomatoes
(or 4 Roma Tomatoes, chopped)
- 1 can Tomato Sauce
- 1 tsp. Salt
- 2 tsp. Oregano
- 1 cup Onion, minced
- 2 cloves Garlic, minced
- ¼ cup Olive Oil
- 1 lb. Non-GMO Tofu
(or cooked and mashed beans)
- 3 cups Quinoa, cooked
- ½ lb. Ricotta Cheese
- ¼ lb. Mozzarella Cheese, crumbled
- ¼ lb. Parmesan Cheese, grated



1. Sauté onion and garlic in olive oil until browned.
2. Add beans or tofu.
3. Add tomato sauce, tomatoes, salt, and oregano
4. Simmer.
5. Preheat oven to 350° F.
6. Put layer of sauce in bottom of 13 x 9 x 2½ baking dish
7. Layer quinoa and cheeses with sauce.
8. Finish top layer with sauce and extra cheese.
9. Bake about 35 minutes.

Tip: Serve with a side salad of greens!