

Greek Lasagna

A light, vegan lasagna made with artichokes, eggplant, and lemons.

Yield 8-10 servings

Time 2 hours

Tools

- steamer OR large pot with metal colander fitted over it and lid
- large frying pan with lid
- wooden spoon
- large bowl
- large saucepan
- 2 small frying pans or saucepans, 1 non-reactive
- grater
- whisk
- food processor
- 8x12x2.5 inch non-reactive baking dish
- aluminum foil

Ingredients

- 4-6 artichokes, trimmed
- 1 eggplant, cubed
- 2 T olive oil
- large red onion, chopped
- 2 carrots, diced
- 1 c tomato sauce
- salt and pepper
- 8 oz lasagna noodles
- 3 c chickpeas, soaked and cooked or canned
- 3 cloves garlic
- 2 T cornstarch
- 1/3 c parsley
- 1½ c vegetable stock
- ½ c dry white wine
- 1 T tomato paste
- 1 lemon
- 4 t flour
- 1 c bread crumbs

Directions There are four main ingredients for this lasagna: vegetable mixture, lemon sauce, noodles, and chickpea mixture. They are numbered here to help you stay organized.

1. **Boil** a large pot of water over high heat. Add artichokes, bring to a boil, lower heat to medium, and simmer for 30-40 minutes, until tender and a tugged leaf comes off easily. Remove the leaves (reserve to eat separately) and choke so that you're left with the artichoke hearts - set aside.

Meanwhile, bring water to boil in the steamer, add eggplant to basket, cover, and steam for about 6 minutes, until just tender. Set aside in a bowl.

Heat 1 T oil in frying pan over medium heat. Sauté the onion about 4 minutes, until translucent. Add carrots, cook 3 minutes, cover, slower heat, and cook for 5 more minutes.

Combine artichokes, eggplant, onion/carrot mixture, tomato sauce, salt, and pepper. Set aside.

2. **Meanwhile**, in the small saucepan, combine stock, wine, and tomato paste and bring to a boil. Reduce heat, half cover, and let simmer for 10 minutes.

Grate the lemon skin for zest and juice the lemons (discard seeds).

Heat remaining T olive oil in non-reactive saucepan and whisk in the flour. Cook for 2 minutes, then whisk in stock mixture, lemon juice, and lemon zest. Cook for 1 minute, whisking constantly.

3. **Meanwhile**, cook the lasagna noodles in boiling water.
4. **Drain** the chickpeas and reserve the liquid. Place chickpeas, garlic, and cornstarch in the food processor and process until smooth. Add enough liquid to make mixture creamy and spreadable - $\frac{1}{4}$ - $\frac{1}{2}$ c or so. Add parsley and pulse until finely chopped.

Preheat oven to 375.

Put a few T of lemon sauce into baking dish and arrange a layer of noodles on top. Spread with half the vegetable filling and press it down lightly. Add another layer of noodles, then all of the chickpea purée, the remaining vegetable mixture, and another layer of noodles. Pour the rest of the lemon juice over the top and cover tightly with aluminium foil.

Bake until very hot, about 50-60 minutes. Uncover and sprinkle with bread crumbs. Turn the heat up to 500 and bake until bread crumbs are brown, 7-10 minutes. Let stand for 10 minutes, then serve.

Notes There are a lot of steps to this recipe; you might find it easier to do some things, such as the artichokes, lemon sauce, and chickpea mixture, beforehand. See my other [lasagna recipes](#). Adapted from Crescent Dragonwagon's [Passionate Vegetarian](#), in which it's called *Fresh Artichoke-Eggplant Lasagna with Lemon Sauce*.

Source: <http://www.theveggietable.com>

Vegetarian Moussaka

Moussaka is a Greek dish traditionally made with lamb or beef. This vegetarian / vegan moussaka recipe uses portobello mushrooms and seitan instead. A rich and delicious main course.

Yield 6 servings

Time 2 hours

Tools

- 2 baking sheets
- paper towels
- pastry brush
- 2 plates
- medium frying pan
- wooden spoon
- knife
- food processor or blender
- small bowl
- deep baking dish

Ingredients

- 1½ pounds eggplant (1 medium), sliced into ¼-in rounds
- several t salt
- 1 batch [mashed potatoes](#)
- 1 batch [bread crumbs](#)
- ½ batch [béchamel sauce](#) (1 c)
- ½ pound zucchini (2 small)
- 5 T olive oil
- black pepper
- 2 t thyme, minced
- 1 c onion, finely chopped (1 medium)
- 2 large portobello mushrooms
- ½ pound seitan
- 4 cloves garlic, minced
- 1½ t cumin
- ¼ t cinnamon
- 2 large or 8 plum tomatoes, [peeled, seeded](#) and roughly chopped
- 1 t lemon juice

Directions **Arrange** a single layer of eggplant rounds on baking sheet. Sprinkle each slice with salt, turn, and repeat. Let sit for 30 minutes. (While waiting, you can prepare the mashed potatoes, bread crumbs, and béchamel sauce.)

Meanwhile, slice the zucchini into ¼-in slices. Arrange in single layer on another baking sheet.

Rinse eggplant briefly and pat dry, rinse and dry the baking sheet, then lay out eggplant rounds again.

Preheat oven to 375.

Combine 1 T olive oil with pepper and 1 t thyme. Brush this mixture over both sides of eggplant and zucchini, then bake both trays of veggies until softened, about 20 minutes. On two plates, make a stack of eggplant and another of zucchini and set aside.

Heat 2 T oil in frying pan, add onions, and sauté over medium-low heat until soft, about 10 minutes.

Meanwhile, briefly rinse the portobellos and pat dry. De-stem, cut into pieces, place in food processor along with seitan, and grind. Add to onions, increase heat to medium, and fry, stirring occasionally, until pan is dry, about 10 minutes. Add 3 cloves garlic, cumin, cinnamon, and tomatoes and continue cooking, stirring occasionally, until fairly dry, about 15 minutes. Stir in salt and 1 t lemon and set aside.

Preheat oven to 350. Combine bread crumbs with remaining garlic clove, t thyme, and 2 T olive oil.

Arrange half of the eggplant in the baking dish, followed by half of the seitan-mushrooms, then half the mashed potatoes. Continue with remaining eggplant, then zucchini, then seitan-mushrooms, then mashed potatoes. Pour on the béchamel, then top with bread crumbs.

Bake until golden brown and not jiggly, about 30 minutes. Let sit 5 minutes before serving.

Notes Adapted from Myra Kornfeld's [The Voluptuous Vegan](#).

Source: <http://www.theveggietable.com>