

Sweet Potato Vegetarian Lasagna <http://vegetarian.about.com/od/vegetarianlasagnarecipes/r/engine2lasagna.htm>

1 onion, chopped 2 tea minced garlic 4 ounces mushrooms, sliced 2 carrots, chopped 1/2 c corn
1 red bell pepper, seeded and chopped 2 very large sweet potatoes 1 box whole grain lasagna noodles
1 tea each: oregano; basil; rosemary; marjoram 2 jars pasta sauce or 1 batch homemade sauce
1 cup frozen chopped broccoli, defrosted 16 ounces frozen spinach, thawed and drained

Sauté onion and garlic. Once onion is cooked add bell pepper, mushrooms and carrots and cook a few more minutes to soften these veggies. The sweet potatoes have to be cooked and mashed. *See preferred method.* In a big bowl put onion/garlic/bell pepper/mushrooms/carrots. Add spices and corn. Assemble: In a 9" x 13" pan spread a thin layer of spaghetti sauce, then put a layer of uncooked noodles, then more pasta sauce on top of the noodles. Spread the veggie mixture on top of entire pan. Place another layer of uncooked noodles then more pasta sauce on top of the noodles. Spread the spinach over the noodles. Then make sweet potato patties in your hand to place on top of the entire pan (easier than spreading in the pan). Spread a layer of sauce over entire pan. Place one more set of uncooked noodles and then pasta sauce over the noodles. Cover with foil and bake for 45 minutes. Remove foil and cook another 15 minutes. Let set a full 15 minutes before cutting to serve.

Preferred method is peel, slice into 1/2" slices, place a row on a huge sheet of foil, pepper, place another layer, pepper, repeat until all slices are stacked in the center of the foil. Fold foil together to make a tent and then crease foil together and roll down tightly to potatoes. Then take ends and roll in until potatoes are snug in a foil bag. Bake at 350 degrees for 1 hour. They will be so soft you can mash with a potato masher in 30 seconds or less.