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Hearty lasagna with meatless bolognese

1:55 p.m. EDT, May 12, 2014



Vegetable lasagna (Courtesy / August 28, 2013)

Q: I went to check out Farmer's Table in Boca Raton and ordered the Vegetable lasagna, which was wonderful. I enjoyed the variety of vegetables and didn't miss the meat in the tempeh bolognese — and I'm not even vegetarian. So I can't help but ask: Can you get the recipe? — Matt Lockwood, Boca Raton

A: Joey Giannuzzi, co-owner of Farmer's Table (1901 N. Military Trail, **Boca Raton**; 561-417-5836; farmerstableboca.com), created this recipe as a side dish during the Atkins Diet craze, when people were shying away from pasta and carbs. The original recipe had roasted carrots in it, not sweet potatoes. When Giannuzzi opened The Green Gourmet in **Delray Beach**, a prep cook mistakenly used sweet potatoes instead of carrots. Upset with the cook, Giannuzzi made him remake the recipe using carrots. Little did he know there was a food critic in the restaurant who tasted the lasagna and thought the flavor and texture of the sweet potatoes were brilliant. It has been made with sweet potatoes ever since, and is now a staple at Farmer's Table. Executive chef Wilson Wieggl has updated the recipe by adding a tempeh bolognese.

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Farmer's Table vegetable lasagna

¼ cup herb infused oil (see recipe), plus more for pan

1 zucchini, sliced ¼-inch thick lengthwise

1 yellow squash, sliced ¼-inch thick lengthwise

1 eggplant, sliced ¼-inch thick lengthwise

4 portobello caps

1 large sweet potato, peeled, sliced ¼-inch thick lengthwise

2 red peppers, roasted, peeled, seeded, cut into ½-inch strips

Tempeh bolognese (see recipe)

1 Brush the zucchini, squash, eggplant, mushrooms and sweet potato with the herb infused oil.

2 Using a grill over medium-high heat, grill the vegetables until al dente. Cut portobello caps into ¼-inch slices.

3 Lightly oiled an 8-by-8-inch glass baking dish. Layer the grilled vegetables, starting with the eggplant on the bottom, followed by sweet potato, ½ cup Tempeh bolognese, red pepper, portobello caps, ½ cup Tempeh Bolognese, yellow squash and zucchini on top. Cover with plastic wrap and place a heavy weight on top of the lasagna. Use a similarly sized dish weighted with canned goods from the pantry. Refrigerate overnight.

4 Remove lasagna from the refrigerator and allow to come to room temperature. Heat oven to 350 degrees F. Bake lasagna until heated through, about 10 minutes. Slice and serve topped with ½ cup warm Tempeh bolognese. Serve additional sauce on the side.

Makes 4 servings.

Nutrition information per serving: 281 calories, 50% calories from fat, 16 g fat, 2 g saturated fat, 0 mg cholesterol, 30 g carbohydrates, 8 g protein, 184 mg sodium, 8 g fiber



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Tempeh bolognese

2 tablespoons extra virgin olive oil

½ cup small diced sweet onion

2 tablespoons finely sliced garlic

2 tablespoons fresh basil, thinly sliced

1 cup organic, GMO-free tempeh, crumbled

2 cups San Marzano tomato, crushed with hands

Salt and black pepper, to taste

1 Using a large saute pan over medium heat, heat the oil. Add the onions and garlic and saute until soft and translucent and onions start to caramelize. Add basil and tempeh, stirring until combined.

2 Add tomato, season with salt and pepper, to taste. Reduce heat to simmer and cook 10 minutes for flavors to meld.

Makes 3 ½ cups.

Nutrition information per ¼ cup: 28 calories, 53% calories from fat, 2 g fat, trace saturated fat, 0 mg cholesterol, 2 g carbohydrates, 2 g protein, 44 mg sodium, trace fiber



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Herb infused oil

2 tablespoons chopped garlic

¼ cup extra virgin olive oil

6 sprigs parsley, leaves picked and chopped

1 sprig fresh sage, leaves picked and chopped

1 sprig fresh rosemary, leaves picked and chopped

1 sprig thyme, leaves picked and chopped

Combine ingredients in an air-tight container and allow to sit overnight and infuse.

Makes about ¼ cup.

Nutrition information per 1 tablespoon: 133 calories, 95% calories from fat, 14 g fat, 2 g saturated fat, 0 mg cholesterol, 2 g carbohydrates, 0 g protein, 1 mg sodium, 0 g fiber

