



Cauliflower Fritters with Tomato Dip

Ingredients/Gadgets in blue are linked to Amazon pantry page for one-click ordering

Serves 6

Ingredients

1 head cauliflower, separated into bite-sized florets
2 Tbsp [all purpose gluten-free flour](#)
1/2 tsp each salt and pepper
[Avocado oil](#) for frying (around 1/3 cup)
Optional: ground smoked salt

Tomato Dip

3 medium tomatoes
2-3 [sundried tomatoes](#)
1 garlic clove
1/4 tsp. cayenne pepper
1 tsp lemon juice

Gadgets

1. Zip lock bag (gallon size)
2. [Food Processor](#)
3. Prep bowl– small

Shopping/Substitution Notes

1. You may substitute gluten-free items with non-gluten free
2. If substituting Lasagna noodles, make sure they are bake-ready before class. Ex. if noodles require boiling first, then boil before class



Roasted Vegetables and Spinach Lasagna

Serves 6

Ingredients

8.8 oz [no-boil gluten-free lasagna](#) *
2 medium eggplants
2 leeks, trimmed
10 oz. sliced mushrooms
3-4 Tbsp [Extra virgin olive oil \(EVOO\)](#)
1/2 tsp salt
5.8 oz (around 2 cups) frozen spinach, defrosted and drained
3 cups [tomato sauce](#)
1/2 cup each grated cheddar and parmesan cheese

Mornay sauce

6 Tbsp. butter
3 Tbsp. [all purpose gluten-free flour](#)
1 cup milk
dash of nutmeg, cayenne pepper, salt and black pepper
1/2 cup grated cheddar cheese

*pls. follow directions of your lasagna packet.
This assumes Le Veneziane gluten-free lasagna which does not need to be pre-boiled

Gadgets

1. 1 large or 2 regular [Baking sheets/trays](#)
2. [Baking dish](#) (deep dish recommended)
3. [Silicon mats](#)

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