

Mushroom-Cauliflower Gratin (Vegan/Gluten Free)

Prep time:

20 minutes

Cooking time:

40 minutes

Yields:

6-8 servings

Ingredients

- 1 large head of cauliflower, chopped into florets
- 1/2 large onion, chopped
- 4 cups sliced mushrooms
- 2 tablespoons fresh chopped thyme
- 1 1/2 cups unsweetened almond milk
- 3 T corn starch
- 1/2 cup nutritional yeast
- 1/2 cup Gluten-Free Panko
- Salt and pepper, to taste
- Olive oil

Instructions

1. Preheat oven to 425 degrees F.
2. Cook onion on stovetop with 1 tsp olive oil over medium heat for about 5 mins.
3. Add mushrooms, cauliflower, thyme and cook 5 more minutes.
4. Combine almond milk with corn starch.
5. Mix almond milk with the veg mix.
6. Stir until mixture has thickened.
7. Add in nutritional yeast and salt and pepper.
8. Combine stovetop mixture with cauliflower and add to an 8 x 8 baking dish.

9. Add Gluten-Free Panko on top.

10. Bake in 425 degree F oven for 20 mins or until golden brown on top.

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