



Kabak Gratin with Gluten-Free Bechamel

Ingredients (serves 8):

3 small potatoes
3 carrots
4 cauliflower florets
4 broccoli florets
2 yellow squash
1 yellow onion
2 garlic cloves
½ bunch parsley
4 Tb. grated parmesan cheese (optional – don't use for vegan)

Bechamel sauce:

4 Tb. Smart Balance (dairy-free butter substitute)
4 Tb. All-purpose gluten-free flour
12 oz. vegetable broth
16 oz. Almond, rice or soy milk
1 tsp. Cinnamon
2 tsp. Curry powder
Salt and pepper to taste

1. Dice potatoes and carrots. Boil together in a pot of water, taking care not to overboil.
2. Dice cauliflower and broccoli. Steam together in a pot with a steaming rack until al dente.
3. Dice onion, squash and mince garlic. Saute together in a pan with some canola oil.
4. On low heat, slowly melt Smart Balance and combine with flour. Whisk together until you have a paste, or a *roux*.
5. Add Almond milk to roux and cook to thicken while constantly stirring. When sauce is thickened, remove from heat.
6. Chop parsley and add into sauce.
7. Add cinnamon, curry, salt and pepper and other herbs or spices to taste.
8. Combine all vegetables in a roasting pan.
9. Cover vegetables with sauce and mix well.
10. Bake on 400 degrees for 15-20 minutes.
11. Optional: Top with grated parmesan.
12. Re-heat in oven for 5 minutes or until cheese is browned. Let cool 10-15 minutes before serving.

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