

October 5, 2025

Hillsboro Cooking Class 11

Menu: Lasagna, Salad, Italian Breadsticks, Simple Apple Dessert

Creamy Lasagna Marla Danielson

Step by Step

Prepare veggies: Preheat the oven to 425°. Slice 3-4 fresh zucchini. Place on a parchment-lined tray, sprinkle lightly with salt, and bake for 20 minutes, or until tender. Remove and reduce the oven to 350°. Microwave frozen corn according to directions.

(about 2 1/2 cups)

Cook 12 lasagna noodles according to package directions.

Make Creamy Cashew Sauce:

To a high speed blender add 1 c. clean raw cashews *(soak the cashews in hot water for 10 minutes before blending, drain & rinse)*, 1/4 c. nutritional yeast, 1 t. Salt, 1/4 c. chopped onion, 1 garlic clove, 2 T. fresh lemon juice, 1/4 c. finely grated carrot, 1/2 t. paprika, and 1 1/2 c. water. Blend until very smooth.

Other Ingredients Needed: 1-2 jars of pasta sauce *(save extra sauce for breadsticks!)*

Assemble

Layer as follows in 13 x 9 casserole: pasta sauce, 3 noodles, creamy cashew sauce, zucchini, corn, sprinkle of Italian seasoning, repeat 2x, ending with a final layer of pasta sauce, drizzle of cashew sauce *(swirled in)*, Italian seasoning. . Bake for 40-45 minutes at 350°.

Simple Apple Dessert Marla Danielson

Fill a pressure cooker with cored and cubed apples *(about 14 apples, peeled or unpeeled)*. Add 3/4 c. water, 2 T. cornstarch, and 1 T. coriander. Mix. Cook on high pressure for 1 minute. Turn the cooker off and release pressure immediately. *Add more coriander, or a touch of maple syrup, to taste. Apples will thicken in the fridge.* Serve topped with glazed pecans: Mix 1 c. pecan pieces, 1 1/2 T. maple syrup, 1/4 t. Salt. Spread evenly on a parchment-lined baking tray. Bake for 1 hour at 250°. Cool, break up, and enjoy!

Jiffy Salad Dressing

Add a drizzle of honey and a teaspoon of pasta sauce to 1/2 c. vegan mayo. Sprinkle with oregano. Adjust honey and pasta sauce to taste. Enjoy!

Italian Breadsticks

Marla Danielson

1/3 c. warm water

1 t. honey

1 packet quick rise yeast

1/2 c. raw cashews, rinsed

2/3 c. water

2 garlic cloves, finely chopped

1/4 c. oat flour

2 c. white spelt flour

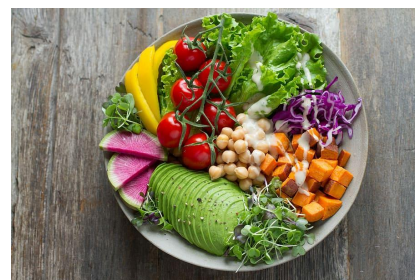
1 t. Each: salt, Italian seasoning, onion powder, garlic powder

Directions: Preheat oven to 350°. In a bowl, mix the 1st 3 ingredients. Rinse cashews and place in a high-speed blender with water. Blend until very smooth. Add to the bowl and stir in all remaining ingredients. Stir into a loose ball and place on a generously floured countertop. Knead into a soft smooth ball, adding more flour as needed. Let rest while preparing the baking tray: brush with olive oil, sprinkle lightly with cornmeal. Add soft dough and spread evenly to cover the tray. Score into breadsticks. Spray lightly with water and sprinkle lightly with Italian seasoning. Let rise for 10 minutes. Bake for 10 minutes then turn the oven to broil and brown tops for about 1 minute. Remove from the oven and cover with a light kitchen cloth while cooling.

Serving suggestion: *Serve with any extra sauce from lasagna!*

Let the table be made inviting and attractive, as it is supplied with the good things which God has bountifully bestowed. Let mealtime be a cheerful, happy time. As we enjoy the gifts of God, let us respond by giving grateful praise to the Giver."

Counsels on Diets & Foods, 231



1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.