

Gluten Free Meatballs

INGREDIENTS

- 1 pound ground beef
- 1 large egg, beaten
- 3/4 cup almond flour or gluten-free breadcrumbs
- 1/4 cup parmesan cheese, grated
- 1/4 cup chopped parsley
- 1 teaspoon onion powder
- 2 cloves garlic, pressed
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

DIRECTIONS

1. Preheat oven to 400-degrees. Line a rimmed baking sheet with foil and parchment paper. For best results, sprayed a wire rack with oil and place on the rimmed backing sheet.
2. In a large bowl, mix together all ingredients with you hands until just combined - don't over mix. Using hands, shape into golf-ball sized portions.
3. Place meatballs on the prepared baking sheet and bake for 25-30 minutes, until golden brown and cooked through.
4. Serve with Marina Dipping Sauce.

Marina Dipping Sauce 02

INGREDIENTS

- 1 tablespoon olive oil, divided
- 1 small onion, finely diced
- 3 cloves garlic, pressed
- 2 teaspoons dried oregano
- 2 15-ounce cans crushed tomatoes
- 1/4 cup split red lentils
- 3/4 cup water
- 1/2 teaspoon salt
- 2 teaspoons sugar
- dash red pepper flakes

DIRECTIONS

1. In a medium sauce pan, over medium-high heat, add 2 teaspoons olive oil and diced onions. Cook until onions are soft and golden.
2. Add garlic and oregano and cook for 30-60 seconds, until fragrant.
3. Add tomatoes, lentils, water, salt, sugar, and chili pepper flakes. Bring to a simmer and cook for 15-20 minutes until lentils disappear into the mixture. Taste and adjust seasoning, if needed.
4. Serve with a drizzle of olive oil on the top.



Zucchini Meatballs

INGREDIENTS

- 2 large zucchini, grated
- 1/4 teaspoon salt
- 3/4 cup breadcrumbs
- 1/4 cup mozzarella cheese, grated
- 1/4 cup parmesan cheese, grated
- 2 eggs
- 2 cloves garlic, pressed
- 1/8 teaspoon pepper

DIRECTIONS

1. Preheat oven to 400-degrees. Line a rimmed baking sheet with foil and parchment paper. For best results, sprayed a wire rack with oil and place on the rimmed backing sheet.
2. Place grated zucchini in a colander and sprinkle with salt. Let rest for 10 minutes and then squeeze out moisture.
3. In a large bowl, mix together all ingredients until well combined. Using hands, squeeze mixture into golf-ball sized balls and place on prepared baking sheet.
4. Bake for 15 minutes until golden brown and cooked through.
5. Serve with Marina Dipping Sauce.

Marina Dipping Sauce 01

INGREDIENTS

- 1/2 cup frozen mashed cauliflower, thawed
- 1 tablespoon olive oil, divided
- 1 small onion, finely diced
- 3 cloves garlic, pressed
- 2 teaspoons dried oregano
- 2 15-ounce cans crushed tomatoes
- 2 teaspoons sugar
- dash red pepper flakes

DIRECTIONS

1. Squeeze moisture out of the thawed mashed cauliflower.
2. In a medium sauce pan, over medium-high heat, add 2 teaspoons olive oil, diced onions, and cauliflower. Cook until onions are soft and golden.
3. Add garlic and oregano and cook for 30-60 seconds, until fragrant.
4. Add tomatoes, mashed cauliflower, sugar and pepper flakes. Bring to a simmer and cook for 15 minutes. Taste and adjust seasonings, if needed.
5. Serve with a drizzle of olive oil on the top.



Spinach Artichoke Bites

INGREDIENTS

- 1 cup greek yogurt
- 1 14-ounce can artichoke hearts
- 10 ounce package frozen spinach
- 3 medium zucchini or 24-ounce package of mini-peppers
- 1/2 teaspoon salt, divided
- 2/3 cup mozzarella cheese, shredded
- 1/3 cup Parmesan cheese, shredded
- 2/3 cup feta cheese
- 2 cloves garlic, pressed
- 1/4 cup chopped parsley, optional
- dash of crushed red pepper flakes
- 1/8 teaspoon pepper
- 1/4 cup almond meal or flour
- 1/2 cup bread crumbs
- 3 tablespoons melted butter

DIRECTIONS

1. Preheat oven to 400-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Prepare ingredients: Drain greek yogurt with a coffee filter or clean towel while preparing other items. Drain and roughly chop artichoke hearts. Thaw spinach and squeeze out moisture.
3. Slice zucchini into 1/2-inch slices and sprinkle with 1/4 teaspoon salt or slice mini-peppers in half and remove ribs and seeds, set aside.
4. In a medium bowl, combine yogurt, mozzarella cheese, Parmesan cheese, feta cheese, chopped artichokes, spinach, garlic, parsley and crushed pepper. Season with remaining 1/4 teaspoon salt and pepper.
5. In a small bowl, mix together almond meal, bread crumbs, and melted butter.
6. Place a generous tablespoon of mixture on top of each slice of zucchini or mini-pepper half. Sprinkle with bread crumb mixture.
7. Bake for 15 minutes until cheese is melted. Place under broiler for 1-2 minutes until browned and toasty.



Spicy Cauliflower Bites

INGREDIENTS

- 1 cup of flour
- 1 cup of milk
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups panko bread crumbs
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1 teaspoon Gochugaru chili flakes (Korean chili flakes)
- 1 large head of cauliflower, cut into 1-inch florets

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. In a bowl, beat together flour, milk, egg, salt, and pepper. The mixture should be thick enough to stick to cauliflower without falling off.
3. In another shallow bowl, combine panko breadcrumbs, garlic powder, ground ginger, and Gochugaru chili flakes.
4. Add cauliflower florets to the flour-milk batter, stirring to coat each floret.
5. Working with just a couple cauliflower florets at a time, remove from batter, letting excess drip back into the bowl, and gently toss with panko mixture. Transfer to prepared baking sheet, leaving space between each floret.
6. Bake until cauliflower is tender and coating is golden brown, approximately 15-25 minutes.
7. Toss with Thai chili sauce or with Sweet & Spicy Gochujang Sauce.

Sweet & Spicy Gochujang Sauce

INGREDIENTS

- 1/4 cup Gochujang, Korean chili paste
- 1/4 cup water
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 3 tablespoons honey
- 3 cloves garlic, minced
- 1 teaspoon ginger, grated
- cornstarch slurry: 1 teaspoon cornstarch, 2 teaspoons water
- 1 tablespoon toasted sesame oil

DIRECTIONS

1. In a small pot, over medium-high heat, whisk together chili paste, water, soy sauce, vinegar, sugar, garlic, and ginger.
2. Bring mixture to a simmer and cook until it thickens, about 10 minutes. Stir in cornstarch slurry and toasted sesame oil. Cook for an additional 1-2 minutes until thickened further.

