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## ***Italy - Mamma Mia!***

Memories of families sitting around the table enjoying their comforting Italian meal, heavy with cheese and bread. NOW, with these simply solutions you too can re-capture those memories and without the discomforts of wheat and dairy.....

Try these simple substitutions and enjoy your Italian favorites again. You will learn the following in addition to practicing your knife skills:

- \* How to make a delicious vegan Caesar Salad - almonds and pine nuts replace egg yolks and cheese, and nori seaweed replaces anchovies.
- \* How to make a hearty soup in the raw.
- \* How to make dairy-and wheat free lasagna that's as comforting and delicious as the traditional version.
- \* How to make a sorbet.

***MENU:*** *Caesar Salad with Pine Nut Parmesan, Minestrone Soup, Lasagna, Zucchini Pasta with Marinara Sauce, Fruit Sorbet.*

