

VEGAN MACARONI & "CHEESE"

Nutrition for 1/4 recipe (~1 cup):

395 calories, 15g fat, 16g protein, 50g carbohydrate, 6g fiber, 646mg sodium

Ingredients

- 8oz whole wheat elbows pasta
- 1 cup raw cashews, soaked
- ½ lemon, juiced (~1 Tbsp)
- ¼ cup nutritional yeast
- 1 clove garlic, minced
- ½ Tbsp whole grain mustard
- 1 tsp salt
- ½ tsp paprika
- ¼ tsp black pepper
- ¼ tsp turmeric
- 1 cup water

Directions

1. Soak cashews in hot water for at least 1 hour, or overnight.
2. Cook pasta according to package directions.
3. While pasta is cooking, add all remaining ingredients into high-speed blender or food processor. Blend until very smooth.
4. Drain pasta and return to pot. Stir in "cheese" sauce.
5. Enjoy!

*For a baked macaroni and cheese:
Pour finished pasta recipe into a baking dish, top with panko breadcrumbs and bake in 375°F oven until top is browned, about 20 to 25 minutes.



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