

Mac N Cheese With Peas

A vegan comfort food which can also be quite nutritious if using lentil or chick pea pasta. Try substituting peas for collard greens or broccoli.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Organic Red Lentil Penne (Explore Cuisine)	2.5 cup
Green peas, cooked from frozen	1 cup
Onion, white, yellow or red, raw	0.5 cup
Garlic, cooked	1 clove
Olive oil	1 tablespoon
Cashews, raw	2 cup
Cider vinegar	0.18 cup
Nutritional yeast flakes	4 x 1/4 cup
Water	1.25 cup
Salt, sea salt	1 dash
Paprika	0.5 teaspoon

Instructions

Use one package of 227 grams lentil penne paste for this recipe.

Soak cashews for at least one hour.

1. Cook penne pasta as per package directions. Drain and rinse - set aside.
2. In a blender add soaked cashews, apple cider vinegar, 1 cup nutritional yeast (or more to taste), 1/2 cup of sliced onion, water, sea salt and paprika. Blend until smooth. Set aside.
3. Over medium heat in a large, deep cast iron skillet sauté onion in oil or water until soft then add garlic. Cook a few more minutes, then add frozen peas.

Sprinkle with vegan parmesan cheese if desired.

4. Preheat oven to 350 F.

5. Once peas are cooked add cooked pasta and "cheese" sauce. Stir until well combined.

6. Place cast iron skillet with mac n cheese in the oven for 20 minutes.