

Smashed Potatoes With Avocado Topping

Vegan pesto on top of mashed potato bake. It gives a creamy taste that you would find in a big bowl of pasta. Much healthier than store-bought pesto.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

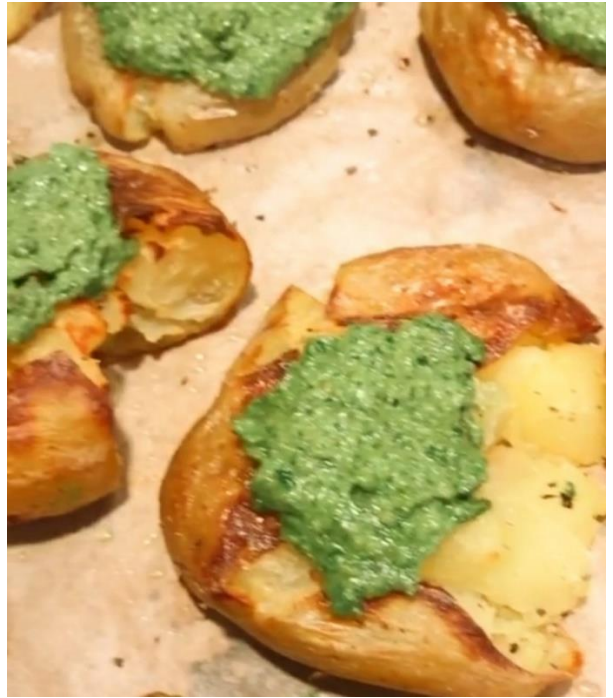
Cooking time: 35 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Partly raw



Ingredients

Potato, boiled, with skin	8 medium - 2 1/4" to 3 1/4" diameter
Walnuts	0.5 cup
Spinach, raw	4 cups
Basil, fresh	1 cup
Olive oil	0.3 cup
Lemon juice, fresh	3 tablespoons
Garlic, fresh	3 cloves
Nutritional yeast flakes	1 x 1/4 cup
Salt, sea salt	1 dash
Black pepper, ground	1 dash

Instructions

1. Boil the potatoes until softened where you can pierce them with a fork. Drain.
2. Place the potatoes in a bowl in lightly mash them with a fork. There can be chunks remaining. It does not have to be perfect.
3. Prebake the oven at 450 degrees Fahrenheit.
4. Take a baking tray and line with parchment paper. Take small cup sizes of the potato and add it on the lined baking tray. Imagine using an extra-large circular cookie cutter to place the potato on the sheet. You should have at least 10 circles.
5. Drizzle about a tbsp of the olive oil on the potatoes. Baked for 20 to 30 minutes depending on your oven until browned. Take out of the oven and add the pesto on top of each and serve. Another way of making them without pesto

is to chop up green onion, red onion, olives, cilantro and any fresh herb you enjoy, and drizzle with olive oil and salt (as seen in second picture).

To make the Pesto:

1. In a food processor, add the chopped garlic cloves, lemon juice, spinach, basil nutritional yeast, olive oil, and chopped raw or roasted walnuts. Add a dash of salt and pepper, or more, for your personal taste. Process until smooth.

Note: If you would like to use this on top of pasta for another recipe you can add a bit of water to thin it out.