



Cauliflower Alfredo Pasta

Instructions

Serves: 8

1. Boil a large pot of water.
2. Chop the cauliflower into pieces (about 1 inch each)-- including the stalk and flower part.
3. Add the cauliflower and cashews to boiling water. Cook until cauliflower is very soft, about 15 minutes. Using a slotted spoon, transfer cauliflower and cashews to a blender or food processor. Leave the water in the pot.
4. Add pasta to boiling water and cook until pasta is al dente. Add kale last 1 minute of pasta cooking. Drain pasta and kale and return them to the pot.
5. Add lemon juice, miso, garlic powder, onion powder, salt, and 1 cup of water (can use water from the pasta water) to a blender or food processor and blend/process until very smooth (usually 1-3 minutes).
6. Make the plant-based parmesan: put all ingredients (cashews, nutritional yeast, garlic powder, and salt) in a small food processor or blender and blend just until forms a crumb mixture that looks like grated parmesan cheese.
7. Add sauce to pasta/kale mixture in pot and stir until well coated. Top with plant-based parmesan cheese.
8. Enjoy!

Ingredients

4 to 5 cups cauliflower (1 medium sized head of cauliflower)

1 cup raw cashews

16 ounces whole-wheat or bean-based pasta (fettuccine, fusilli, or your favorite kind)

4 cups thinly sliced kale

3 tablespoons lemon juice

2 tablespoons white miso

2 teaspoons garlic powder

2 teaspoons onion powder

3/4 teaspoon salt

1 cup water (reserved from pasta water)

Optional topping:

Plant Based Parmesan "cheese"

½ cup raw cashews

2 Tablespoons nutritional yeast flakes

½ teaspoon garlic powder

½ teaspoon salt