



MAC & CHEESE - HOLD THE CHEESE

This recipe is sure to become a family favorite, and, over time, you'll stop getting requests for the processed versions found in-the-box at the store. The best part is that this recipe, once you've made it a few times, can be as quick to make as the boxed mac-and-cheese!

INGREDIENTS

- 1 russet potato, skin removed & cubed (~ 1 cup)
- 1/4 cup white/sweet onion, roughly diced
- 1/3 cup carrot, peeled & roughly chopped
- 1 cup cashews, soaked in hot water if you don't have a highspeed blender
- 3/4 cup reserved hot veggie stock
- 1/4 cup plant-based milk or coconut milk
- 2 TBS nutritional yeast
- 1/2 lemon, juiced
- 1.5 tsp Himalayan salt
- 1-2 packages of Barilla red lentil or chickpea pasta ©

INSTRUCTIONS

- If you don't have a highspeed blender, soak cashews in hot water for 10 minutes
- Roughly peel & chop the potato, onion & carrots
- Place the veggies in a small saucepan to boil for 10 minutes. Once finished, remove from heat and set aside.
- While the veggies cook, begin to boil your water for the pasta. Remember to add salt to the water. Cook noodles as described on the package.
- Place the soaked & drained cashews, 'milk', nutritional yeast, lemon and salt into your blender.
- Using a slotted spoon, place the hot cooked veggies into the blender on top of the cashews and other ingredients/
- Pour 3/4 cup of the starchy water from the veggies into the blender
- When two minutes remain on the noodles, begin blending the 'cheese' at a high power until steaming. Be sure to allow the top to vent any built-up heat.
- Strain your noodles and return to pot.
- Pour the cheese sauce over the noodles.
- Salt to taste, mix and enjoy!