



CREAMY SPICY PASTA



INGREDIENTS

SPICY TUSCAN PASTA

- 1 lb your favorite gluten-free pasta
- 3 cloves minced garlic
- ¼ c water
- 1 package sun-dried tomatoes, oil-free, soak in hot water x 10 minutes
- 1 small clamshell organic spinach
- 3 c cashew cream (see below)
- ½ t salt
- ¼ t dried basil
- 1 t Italian seasoning
- ¼ c nutritional yeast flakes

GARNISH WITH FRESH BASIL

- In a large skillet, water sauté garlic about 1-2 minutes until fragrant stirring frequently.

DIRECTIONS

- Add sun-dried tomatoes and continue to sauté mixing well with garlic. Add cashew cream, salt, basil and Italian seasoning. Stir and simmer sauce
- Add nutritional yeast flakes and stir.
- Add spinach and allow to wilt.
- Stir in your favorite pasta.
- Garnish with fresh basil.
- Enjoy!

CASHEW CREAM

- 1 ½ c soaked cashews
- 3 c hot water
- 2 garlic cloves
- ¼ t salt
- 1 tsp crushed red pepper (optional)

Add all ingredients to a high speed blender and blend until smooth. Use in place of mayonnaise in savory dishes. For thicker, spreadable consistency, use half of the water.

