

# Mac Attack

Makes 3 servings | Active Time: 35 minutes | Total Time: 35 minutes

*Swick*

## Chef's Notes

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

### RECIPE TIPS

**Miso:** Miso is the Japanese word for fermented soybean paste. Miso is used for sauces, spreads, and pickling, and it is also the base for miso soup. You can find it in the same refrigerated section as tofu and other soy products. Soy-free miso made from chickpeas is also available. If you have a hard time finding it, try an Asian market or online. Since it is made with salt, taste the dish before adding additional salt. Miso keeps in the refrigerator for up to 8 months.

**Unflavored Plant Milk:** Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

**Soaking Cashews:** If you don't have a high speed blender like Vitamix or Blendtec, soak the cashews longer (or overnight) in order to get the creamiest texture when you blend them.

## Step 1: Make the Mac & Cheez

- 1/3 sweet potato, peeled & diced (≈1/2 cup)
  - 2 1/4 tablespoons fresh lemon juice
  - 3/4 clove garlic (≈1/3 teaspoon)
  - 3/4 cup raw, unsalted cashews soaked
  - 1/3 teaspoon sea salt
  - 2 1/4 teaspoons miso
  - 1 1/2 cups unflavored plant milk
  - 12 oz whole-grain elbow macaroni (≈6 cups cooked)
  - 1/2 cup breadcrumbs
  - 2 dashes sea salt
- Preheat oven to 425°F.
- In a bowl, soak cashews in very hot water for 15 minutes. Drain the water and rinse the nuts.
- PREPARE PRODUCE**  
Scrub and dice sweet potato. Juice lemon. Mince garlic.
- MAKE SAUCE**  
Puree sweet potatoes, lemon juice, garlic, soaked cashews, salt, miso, and plant milk in a blender until smooth.
- COOK PASTA**  
Cook macaroni according to package instructions. Drain well in a colander, then return to pot and cover to keep warm.
- BAKE**  
Pour about 1/3 of blended sauce into a large, deep baking dish. Add macaroni to dish, then pour remaining sauce over, distributing evenly and gently mixing to coat macaroni.
- Mix topping ingredients in a bowl, then sprinkle over top of casserole.
- Cover with foil and bake for 15 minutes. Remove foil and bake until topping is golden brown, 5 minutes more. Remove from heat, then let stand for a few minutes.
- SERVE**  
Season with additional salt, if desired, and serve.