

Pesto Mac & Cheez

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

Swick

Chef's Notes

Suggested adult serving: 2½ cups

Store any leftover mac & cheez in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Soaked Cashews: Soak cashews in very hot water for 15 minutes, drain the water, then rinse the nuts. You can also soak them in batches to save time, place portions in airtight containers, then chill in the refrigerator for up to 5 days or freeze for up to 3 months.

Nutritional Yeast: Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use ⅓ cup for every 1 cup of flakes specified in a recipe.

Arrowroot Powder: If arrowroot is unfamiliar or unavailable to you, you can substitute cornstarch or tapioca starch. If using cornstarch, be sure to boil the mixture for 1 minute to eliminate the starch taste. If using tapioca, double the quantity for similar thickening results.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

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.

Step 1: Make the Dish

- 9 oz whole-grain elbow macaroni
 - 7 1/2 oz cherry tomatoes halved (≈1 1/2 cups)
 - freshly ground black pepper
 - sea salt
 - FOR THE PESTO
 - 3/4 cup fresh basil
 - 1/4 cup nutritional yeast
 - 3 cloves garlic, halved
 - 1/2 cup low-sodium vegetable broth
 - FOR THE LEMONY CREAM SAUCE
 - 1/2 cup raw, unsalted cashews soaked (see tip)
 - 1 1/2 tablespoons fresh lemon juice
 - 1 tablespoon arrowroot powder (or cornstarch)
 - 1 tablespoon Dijon mustard
 - 1 dash cayenne pepper
- COOK PASTA**
Cook macaroni according to package instructions. Drain well. Return to pot to keep warm.
- MAKE PESTO**
Meanwhile, in a food processor (or high-powered blender), process basil, nutritional yeast, and garlic until mostly smooth, gradually adding vegetable broth. Pour into a bowl.
- MAKE LEMONY CREAM SAUCE**
In the same food processor (or high-powered blender), process soaked cashews, lemon juice, arrowroot, Dijon mustard, and cayenne until smooth, gradually adding plant milk.
- SAUCE MACARONI**
Add lemony cream sauce to macaroni and heat over medium heat until thickened, 2 minutes.
- FINISH PESTO MAC & CHEEZ**
Stir in pesto and tomatoes.
Season with salt and pepper to taste and serve warm.