

PIZZA MAC



SERVES: 4-6

PREP TIME: 15 MINUTES

COOKE TIME: 40 MINUTES

TOTAL TIME: 55 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1 TBSP extra virgin olive oil, divided
- ½ large butternut squash, peeled and cubed
- 1 medium yellow onion, diced
- 2-3 garlic cloves, minced
- ¾ cup raw cashews, soaked with water for 2 hours or overnight
- 1 – 1 ½ cups vegetable broth (or water)
- 1 red bell pepper, roasted* seeds and stem removed
- 1 TBSP pizza seasoning (see note)**
- 2-3 TBSP nutritional yeast
- ½ tsp Dijon mustard
- 2 TBSP tomato paste
- ¾ tsp celtic sea salt
- Fresh ground pepper, to taste
- 1 lb. pasta (I use GF fusilli)
- 1 pint cherry tomatoes, or vegetable of choice*

METHOD

Preheat oven to 350 degrees F. Cover a large baking sheet with parchment paper or silicone mat. Prepare butternut squash by adding cubed pieces to a medium bowl. Drizzle with EVOO and a nice pinch of salt. Mix to ensure all pieces are coated with oil. Place on sheet and bake for 30-40 minutes, flipping at the halfway point.

Prepare cherry tomatoes by adding to the same bowl with EVOO and salt, mix well, add to a small baking sheet, place in the oven during the last 20 minutes of the butternut squash roasting. Remove when tomatoes are bubbling and beginning to burst.

Place a small skillet over medium-high heat, add EVOO when hot. Then, add onions and garlic, sprinkle with sea salt, sauté 3-4 minutes or until onion is translucent. Set aside in a small bowl to cool.

Roast red pepper following instructions in note. Set aside.

Prepare pasta according to package instructions. Set aside.

Drain and rinse soaked cashews and add to the bowl of a high speed blender or food processor. Add the onion/garlic mixture, broth/water, pizza seasonings, nutritional yeast, Dijon, tomato paste, salt and pepper. Add the cooled butternut squash and roasted red pepper. Blend on high for 1-2 minutes to ensure equal blending. Taste for salt/spicy preference. Pour over pasta, mix well, top with roasted tomatoes, fresh basil, or vegan parmesan***! Enjoy!

NOTES:

*You can buy canned roasted red pepper, but it's so much better fresh. I roast mine directly on the burner of my gas stove over medium-high heat, using tongs to turn every minute or so. When the skin is blackened on all sides, remove from heat and wrap in aluminum foil to steam further. After 10 minutes, remove from foil and carefully peel off blackened skin, remove stem and seeds.

**I love making my own seasoning because I control what goes into it: ¼ tsp fennel seeds, ½ tsp thyme, ¼ tsp, ¼ tsp turmeric, ¼ tsp smoked paprika, ¼ tsp red pepper flakes (optional). SO. GOOD.

***Vegan parmesan is easy to throw together and keep in your fridge for up to 2 weeks! My favorite recipe is: 1 cup raw walnuts (could also use almonds or cashews!), 2 TBSP nutritional yeast, 1 garlic clove, ½ tsp sea salt. Blend in a small blender until coarsely ground. Use to top any pasta or salads!

NUTRITION:

Serving Size: 1/6 recipe Total Calories: 287 Total Fat: 9 g Sodium: 263 mg

Total Carbohydrates: 41 g Fiber: 4 g Sugar: 5 g Protein: 8 g

Vitamin A: 76% Vitamin C: 78% Calcium: 6% Iron: 13%