

ROASTED GARLIC PESTO MAC



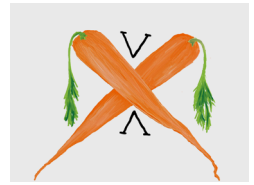
SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

TOTAL TIME: 50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 12 oz. pasta (brown rice, whole wheat, or spiralized zucchini)
- 1 pint cherry or grape tomatoes, whole
- 1 head roasted garlic*
- 1 cup cashews, soaked in water for 2 hrs or overnight, drained
- 1 heaping cup fresh basil leaves, more for garnish
- 2 Tbsp extra virgin olive oil, more to taste
- 1/2 cup filtered water, less if using more oil
- 2 Tbsp nutritional yeast
- 2 Tbsp lemon juice
- 1/2 tsp italian seasoning (or 1/8 tsp each dried parsley, oregano, basil, and fennel)
- 1/2 tsp celtic sea salt
- fresh ground pepper to taste

METHOD

Preheat oven to 400 degrees.

Prepare and roast garlic per instructions.

Place whole grape or cherry tomatoes on a parchment paper lined baking sheet (with edges! don't lose tomatoes in the oven!). Drizzle with olive oil and salt/pepper. Place in oven (with the garlic) when the garlic is at the 20 minute mark. Roast tomatoes for the remaining 20 minutes.

Fill large pot with water in prep for cooking pasta. Cook according to package instructions.

Place all remaining ingredients in a high speed blender or food processor. Blend to desired texture. I prefer a creamy pesto and also add 1/4 cup of vegan parmesan** for extra texture.

Add pesto to cooked pasta, including vegan parmesan if using. Top with roasted tomatoes and additional vegan parm to serve!

NOTES:

*Roast head of garlic in 400 degree oven for 40 mins. I like to cut off the top 1/2 inch, drizzle with olive oil so it seeps into the cloves, and wrap tightly in foil.

**Vegan Parmesan is an awesome addition to any pasta or salad recipe. In a high speed blender or food processor, add 1 cup walnuts (can also sub cashews or almonds), 2 TBSP nutritional yeast, 1 garlic clove, 1/2 tsp sea salt. Blend until crumbly in texture.

NUTRITION:

Serving Size: 1/4 of recipe Calories: 582 Fat: 24 g Saturated Fat: 3 g

Sodium: 211 mg Carbohydrates: 82 g Fiber: 6 g (22% DV) Sugar: 4 g Protein: 16 g

Vitamin A: 23% Vitamin C: 30% Calcium: 5% Iron: 22% (Daily Values)