

Sweet Potato Cashew Mac & Cheese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE by Amy Webster

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Macaroni pasta	1	pound
Sweet potato, cubed	2	cups
Cashews, soaked in water for 6 hours*	2	cups
Lemon juice	4	Tbsp.
Nutritional yeast	1	cup
Ground dry mustard	2	Tbsp.
Cumin	1/2	Tbsp.
Salt	1	Tbsp.
Garlic powder	4	tsp.
Onion powder	4	tsp.
Cayenne	1	tsp.
Water	3-4	cups

Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. Prepare macaroni pasta according to package instructions. Drain and set aside.
3. While pasta cooks, place sweet potato cubes on a baking sheet in a single layer. Roast in preheated oven for 20-30 minutes or until tender and slightly browned.
4. Add roasted sweet potatoes, cashews, lemon juice, nutritional yeast, ground dry mustard, cumin, salt, garlic powder, onion powder, cayenne, and half of the water to a high-speed blender. Blend until smooth, scraping down sides. Add more water a little at a time as needed until creamy and smooth cheesy sauce is desired consistency. Taste and add salt as needed.
5. Mix macaroni pasta with cheesy sauce and serve.

*If short on time, boil cashews for 10 minutes instead of soaking.

Nutrition Information

*From USDA Nutrient Database

Calories: 415 Total Fat: 21.2g Saturated Fat: 3.5g Monounsaturated Fat: 10.8g Polyunsaturated Fat: 3.6g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 36.8g Fiber: 7.2g Total Sugar: 4g Protein: 19g Sodium:
724.6mg Vitamin A: 189µg Vitamin C: 3.4mg Calcium: 32mg Iron: 4.5mg Folate: 17µg