

Sweet Potato Sunflower Mac & Cheese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Macaroni pasta	1	pound
Sweet potato, cubed	2	cups
Sunflower Seed Kernels, raw, soaked in water for 6 hours*	2	cups
Lemon juice	¼	cup
Nutritional yeast	1	cup
Salt	1	Tbsp.
Garlic Powder	4	tsp.
Onion Powder	4	tsp.
Water	3-4	cups

Preparation

1. Prepare macaroni pasta according to package instructions. Drain and set aside.
2. 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.
3. Add roasted sweet potatoes, sunflower seed kernels, lemon juice, nutritional yeast, salt, garlic powder, onion powder, 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.
4. Mix macaroni pasta with cheesy sauce and serve.

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

Serving Information/Notes

Can sprinkle seasoned breadcrumbs on top and bake if desired.

Nutrition Information

*From USDA Nutrient Database

Calories: 286 Total Fat: 12.5g Saturated Fat: 1.2g Monounsaturated Fat: 2.2g Polyunsaturated Fat: 7.4g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27.5g Fiber: 8g Total Sugar: 1.4g Protein: 16g Sodium: 720mg
Vitamin A: 189µg Vitamin C: 3.7mg Calcium: 39mg Iron: 3mg Folate: 5µg



THE HUMANE SOCIETY
OF THE UNITED STATES



THE HUMANE SOCIETY
OF THE UNITED STATES