

Mac & Cheese

DEVELOPED BY: University of Kansas

Servings:

Ingredients	Quantity	Measure
Cashews, raw	1 ½	Cups
Lemon juice	3	Tablespoons
Water	¾	Cup
Sea salt	1 ½	Teaspoons
Nutritional yeast	¼	Cup
Chili powder	½	Teaspoon
Turmeric	¼	Teaspoon
Cayenne pepper	1	Pinch
Ground mustard	1	Tablespoon
Ground black pepper	1	Tablespoon
Shell pasta, dry	3	Cups
Onion, julienne	½	Each
JUST egg	1 ½	Cups
Chickpea flour	2	Cups
Rebellyous Nuggets	4	Each
Garnish		
Paprika		Garnish
Green onion	1	Each

Preparation

1. Prepare the pasta according to package direction.
2. While the pasta is cooking, combine the cashews, lemon juice, water, salt, nutritional yeast, chili powder, turmeric, cayenne pepper, and mustard in a high-speed blender and blend until silky smooth. If the mixture is too thick, add 2-4 more tablespoons of water and blend again.
3. Prepare the French Fried Onions: place onions in an Ice bath for 10 minutes then drain water. Egg wash with JUST egg, coat onions with chickpea flour and put in freezer for 10 minutes.
4. Fry onions in designated vegan fryer for 2 minutes.
5. Fry Rebellyous Nuggets in designated vegan fryer for 4 minutes.
6. Once the pasta is tender, drain and rinse it, then return the pasta to the pot and stir in the cheese sauce. Season to taste. Serve the mac & cheese warm, topped with the French fried onions and Rebellyous nuggets.
7. Garnish with Paprika and green onion.