

BAKED PASTA CHEE

(adapted from *Ten Talents*)

from *The Cooks Next Door*

1 lb pasta of choice (I often use brown rice elbow pasta)
1 c. raw cashew pieces
1 c. water
1/3 c. fresh lemon juice
2 Tbsp sesame seeds
1/4 c. nutritional yeast flakes
1 1/2 tsp salt
1 tsp onion powder
1/2 tsp garlic powder
1/2 tsp smoked paprika (opt.)
1/8 tsp black pepper
1/4 c. olive oil
4 mushrooms
1/2-1 bell pepper
1 big handful baby kale
1 c. diced tomatoes

Preheat oven to 350°F.

Cook pasta according to package directions. Drain.

While pasta is cooking, make the sauce. In a blender add cashews, water, lemon juice, sesame seeds, nutritional yeast, salt, and spices. Blend until smooth while slowly adding the olive oil through the top. Then add the veggies and canned tomatoes and blend again.

Mix the drained pasta and sauce together and pour into greased baking dish. If desired, top with seasoned bread crumbs. Bake for 30-40 minutes to heat through.

Serve with a salad for a satisfying meal.