



## Green Mac and Cheese

Prep Time: 5 Cook Time: 30 Serves: 6

*Recipe Description* (insert here)

### Ingredients:

- 1 cup cauliflower, chopped (about 1/4 of a head)
- 1 cup cooked potato, about 1 medium potato
- 1/4 of a medium onion
- 1 cup fresh spinach
- 1 clove garlic, medium size
- 3/4 cup [raw cashews](#) (see note)
- 1/2 cup unsweetened cashew or almond milk, I use Silk brand
- 1 tablespoon apple cider vinegar
- 2 teaspoons fresh lemon juice
- 1 1/2 teaspoons [sea salt](#)
- 1/4 teaspoon mustard seed powder
- 16 ounces [your favorite pasta](#)

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(563g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 91g	<b>33%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 856mg	<b>20%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Directions:

1. Preheat oven to 450 F/ 230 C
2. Chop cauliflower and sprinkle with a bit of broth or oil. Spread out on a parchment lined cookie sheet. Bake for 20 minutes until slightly crisp.
3. Meanwhile, cook potato and onion by boiling until soft.
4. Once cauliflower, potato and onion are done, put them in a high speed blender with all other ingredients, except pasta, and blend until smooth.
5. Cook your favorite pasta according to package directions. Drain and rinse, then return to pot.
6. Pour sauce over pasta and mix over low heat until thick and gooey. Serve!

### Tips:

- opt for a whole wheat pasta or bean pasta to reduce carbohydrates and increase fiber for a more diabetic friendly meal
- best way to cook the potatoes is by boiling them with the onion
- if you do not have a high speed blender you can soak the cashews overnight, boil them with the potatoes and onions, or grind them with a coffee grinder

Source: <https://www.veggiesdontbite.com/green-mac-and-cheese-vegan-gluten-free/>

## GREEN DAIRY-FREE MAC AND CHEESE



1/4 of a medium onion



2 teaspoons fresh lemon juice

3/4 cup raw cashews



1 clove garlic , medium size

1 cup cooked potato



1 cup cauliflower

1 cup fresh spinach



1 1/2 teaspoons sea salt

1 tablespoon apple cider vinegar

1/2 cup unsweetened cashew  
or almond milk

serve with 16 oz your favorite pasta