



Teasy Un-Cheesy Casserole

Servings: 4

Ingredients:

9 oz. of whole grain elbow macaroni (i.e. Barilla PLUS Pasta Elbows Multigrain, whole grain spelt pasta, or Tinkayada brown rice pasta) cooked *al dente* according to package instructions

1 cup boiling salted water

4 small or 2 large carrots, large dice

1 small yellow squash, large dice

½ small onion, diced

½ cup raw cashews

1 15-ounce can of unsalted white cannellini beans, drained and rinsed

½ teaspoon salt

½ teaspoon turmeric

3 tablespoons apple cider vinegar

2/3 cup water or leftover broth from cooking the veggies

2 organic eggs (for vegan version, use an egg substitute, *follow package instructions for 2 eggs*, or 2 tbsp. ground flaxseed mixed with 2 tbsp. water)

2 tablespoons nutritional yeast

Extra virgin olive oil

Optional: 5 green onions, chopped, 2 tbsp. chopped parsley, ¼ cup diced pimento

Garnish: 1 tsp. plain or smoked paprika



Chef Laura Pole prepares Un-Cheesy Casserole

To prepare:

1. Preheat oven to 350 degrees F.
2. Cook pasta *al dente* according to package instructions. Add the diced onion in the last minute of cooking. Drain and rinse with hot water.
3. Cook carrots and yellow squash in 1 cup boiling salted water, until tender. Drain and reserve the cooking water. Put cooked carrots and squash, cashews, beans, salt, turmeric, vinegar, nutritional yeast, and 2/3 cup water or broth (or leftover carrot/squash water) in blender.

Blend on high into a creamy sauce. Taste and adjust seasonings. Add egg or egg substitute and blend on low speed until incorporated.

4. In a large mixing bowl, mix together the pasta, cashew cream, any optional vegetables, and herbs. Add more broth or water, a little bit at a time, if you want a “juicier” casserole. Pour into a small square or rectangular casserole dish, spray or brush top with olive oil and bake for about 15-20 minutes, until liquid is bubbling. Sprinkle paprika on top, if desired. Serve hot.

Additional comments and tips from Chef Laura Pole:

- This Un-Cheesy Casserole is basically a macaroni and cheese, *except without cheese*. The cream sauce, made of cashews and cannellini beans, adds protein. Soaking the cashews in water overnight makes them more digestible. Cannellini are a white bean. They're very mild and do not add a lot of taste but they add protein and fiber and a lot of minerals.
- For this recipe we used brown rice pasta. Regular whole wheat pasta has too much flavor, and it overpowers the taste of the other foods in this recipe.
- For this recipe the carrots are a way of adding some of that color, so it looks like cheese. Isn't it nice that people are going to get vegetables, and they do not even realize it because they will be blended in the sauce? We add some turmeric, which is anti-inflammatory, to make this even more of an orange color. It's going to look like melted cheese.
- Another ingredient is Magic Mineral Broth™. You could use the water that you created from steaming your vegetables or any kind of broth. Whenever you use a seasoned broth you are going to increase the flavor. Adding turmeric is going to make this even more orange.
- Sometimes you can lose vitamins and minerals during treatment. Nutritional yeast is a natural product that is loaded in B vitamins and tastes a bit like Parmesan cheese.
- Since this is a cashew cream, soaking the raw unroasted cashews in water overnight helps them to be more digestible. It also softens them, so they become creamy a little faster.
- Cut up half an onion and put it in the boiling pasta water for the last few minutes of cooking to get the onion flavor. Don't use a raw onion, which can sometimes be upsetting to people's tummies.



Chef Laura serves Un-Cheesy Casserole to Dr. Jill Hamilton-Reeves and BCAN Co-Founder Diane Zipursky Quale