

Baked Macaroni & Cheeze

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Chef's Notes

Cavatappi pasta is basically just longer, fancier macaroni noodles.

Step 1: Making the Cheeze Sauce

- 1/2 cup roasted cashew nuts
- 1/4 cup nutritional yeast
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1 tbsp light miso paste
- 1 tbsp flour
- 1/4 cup beer
- 1/2 cup plain, unsweetened non-dairy milk

To make the cheeze sauce, using a high speed blender, blend together the roasted cashews, nutritional yeast, onion and garlic powder, flour, miso paste, beer and non-dairy milk until you reach a smooth consistency.

Alternatively, if you do not have a high speed blender, process the cashew nuts and nutritional yeast until you reach a paste-like consistency, then add the remaining ingredients and blend until smooth. Note that this method will not likely produce as smooth of consistency.

Step 2: Making & Assembling the Macaroni & Cheeze

- 16 oz cooked pasta (cavatappi or noodle of choice)
- 1 cup shredded butternut squash (approx 1/2 butternut squash)*
- 1 small white onion (or 3 shallots), finely diced
- 1 tbsp non-dairy butter, or oil
- sea salt, to taste
- freshly ground black pepper, to taste

If you have not already, cook the pasta — making sure it is cooked al dente.

*For the squash, peel the squash and then using a food processor shred the squash using the course grater attachment. Alternatively, you can use the large holes on a box grater.

Next, heat a large non-stick fry pan over medium heat. Once hot, add the butter, followed by the onions. Cook for a minute or so, and then add the grated squash.

Let cook for 5 minutes or so, or until the squash and onions have fully cooked through.

At this point, add the pasta to a large bowl and pour in the cheeze sauce. Add the onion and squash and gently stir to evenly distribute the ingredients. Taste for seasoning.

Note: Depending on how creamy you like your macaroni and cheeze, you may want to add a touch more non-dairy milk (or save some of the pasta water), to thin the sauce out a bit. The recipe as it stands now, is meant to be a somewhat of a drier macaroni and cheeze.

Step 3: Baking & Serving the Dish

- 2 tbsp non-dairy butter, melted
- 3/4 cup plain breadcrumbs

Preheat the oven to 400°F (205°C)

Next, place the macaroni mixture into a greased casserole dish, or a cast iron fry pan.

Add the melted butter to the breadcrumbs and toss to coat the crumbs in the butter. Top the macaroni with the breadcrumbs and bake for 15 to 20 minutes, or until the pasta has heated through and the breadcrumbs have formed a nice golden crust.

Let cool for 5 to 10 minutes before serving.