

Fettuccine Alfredo (Vegan)

Serves 4 to 6

This sauce is great! It is creamy and tasty. Make the sauce thinner using the pasta water. Store the extra sauce separately from the extra pasta so it doesn't get too thick. Top with chopped parsley, sliced olives, cashew crumble (see recipe) and provide turkey-bacon meatballs (see recipe) for the carnivores at the table.



Ingredients:

- 2 1/2 cups unsweetened almond milk
- 6 Tbsp. coconut oil
- 3 Tbsp. white miso (not brown)
- 1 tsp. + 1/2 Tbsp. salt (divided)
- 10 oz. cauliflower florets (3 cups)
- 2/3 cup raw cashews
- 1/2 lb. fettuccine pasta
- 1/4 tsp. nutmeg
- 1 Tbsp. chopped parsley (1/2 tsp. dried)
- 1/4 tsp. pepper

Optional ingredients

- Cashew crumble (see recipe)
- Sliced olives; black or kalamata
- Toasted pine nuts
- Turkey and bacon meatballs (see recipe)

Equipment:

- Blender or food processor
- Colander

Fettuccine Alfredo:

☑	Directions	Time (min)	
	Cut 10 oz. of cauliflower florets into 1/2-inch pieces	4	
	Chop 2/3 cup cashews	1	
	Chop 1 Tbsp. fresh parsley	2	
	In a large saucepan, combine 2 1/2 cups almond milk, 6 Tbsp. coconut oil, 3 Tbsp. miso paste, and 1 tsp. salt.	2	
	Bring sauce to a simmer, stirring to dissolve miso	2	
	Stir in cauliflower and cashews	1	
	Cook, partially covered, over medium-low heat until cauliflower is very soft		
	In a large pot, bring 2 quarts of water to a boil.	3	20
	To the hot water, add 1/2 lb. fettuccine and 1/2 Tbsp. salt. Simmer until al dente	11	
	Reserve 1/2 cup of pasta water. Drain pasta in a colander. Reserve pot for further use	1	
	In a food processor, combine the cauliflower sauce and 4 Tbsp. water until smooth.	2	
	Whisk 1/4 tsp. nutmeg into the sauce. Bring to a simmer over medium-low heat	3	
	Transfer sauce to a serving dish and sprinkle with parsley	1	
	Place pasta in a serving dish and put optional ingredients in serving dishes	1	
	Total		39