

Macaroni & Cheese, Please!

Makes 10 $\frac{3}{4}$ c servings

Cook:

12 oz elbow macaroni, bow-tie, seashell noodles by directions

Blend in Blender:

1 Cup Raw cashews

1 $\frac{1}{2}$ cup water

$\frac{1}{4}$ cup lemon juice

3 Tbsp sesame tahini

4 Tbsp Nutritional yeast flakes

1 $\frac{1}{2}$ tsp salt

2 tsp onion powder

1 tsp garlic powder (or 2 cloves garlic)

1 4 oz jar pimientos (1/2 cup)

Drain and rinse cooked macaroni and place back in pot.

Stir in cheese mixture and pour into sprayed casserole dish.

Cover with foil and bake for 30-40 minutes at 350 or until heated through. –

Nutrition Facts Servings: 10 Amount per serving Calories 247; Total Fat 7.9g; Saturated Fat 1.5g; Cholesterol 0mg; Sodium 377mg; Total Carbohydrate 36.6g; Dietary Fiber 3.4g; Total Sugars 4.5g; Protein 9.3g; Vitamin D 0mcg; Calcium 24mg; Iron 3mg; Potassium 354mg