

Rome, Italy: Cashew Alfredo Sauce

INGREDIENTS:

- ½-1 cup raw cashews, soaked in hot water for 30 minutes.
- 4 cloves garlic, plus more to taste
- 4 TBSP nutritional yeast
- 1 tsp sea salt, plus more to taste
- 1 tsp ground black pepper
- 1 medium white onion, diced
- 1 TBSP lemon juice
- Approx. 1 cup low-sodium veggie broth
- Approx. 1 cup unsweetened almond milk
- 1 TBSP Italian seasoning
- Fresh basil, for serving
- Mixed vegetables. Example: Cherry tomatoes, broccoli, mushrooms, onion, yellow squash, zucchini, spinach.
- Pasta of choice for serving.

THIS RECIPE USES 4 out of 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Soak raw cashews in hot water for 30 minutes. Then drain.
4. Bring water to a boil. Cook pasta until tender. Set aside.
5. Sauté desired mixed veggies with olive oil, garlic, and Italian seasoning. These will be served on top of pasta, and cashew alfredo.
6. In a blender or food processor, add drained cashews, garlic, nutritional yeast, salt, pepper, onion, almond milk, and vegetable broth. Add extra of ingredients to get to acquired taste.
7. Plate cooked pasta, cashew alfredo sauce, and sautéed veggies!
8. Garnish as desired.

Serve and enjoy at a meal!

This recipe makes enough to freeze some for later use!



Rome, Italy

Fruit Bruschetta

INGREDIENTS:

- French bread, sliced
- Strawberries
- Peaches
- Goat cheese
- Raspberry vinaigrette

THIS RECIPE USES 3 out of 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Slice bread. Toast if desired.
4. Chop fresh fruit.
5. Top toast with fresh fruit, goat cheese, and raspberry vinaigrette.

Serve and enjoy at snack time!

This recipe can be made for one serving or many to be shared!

