

# SPICY JALAPEÑO MAC



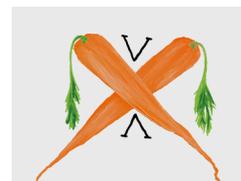
SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

- 3-5 jalapeño peppers, depending on your tolerance for heat
- 4 garlic cloves, not peeled
- 1 cup cashews, soaked in water for 2 hours or overnight, rinsed and drained
- 2-3 TBSP cilantro, roughly chopped
- 1/2 lime, juiced
- 3-4 TBSP nutritional yeast
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp ground chipotle (optional)
- 1/2 tsp celtic sea salt
- 1/4 - 1/2 cup filtered water\*
- 12 oz pasta of choice, I use GF Fusilli
- 1 pint cherry tomatoes, whole\*\*

## METHOD

Pre-heat oven to 425 degrees F.

Leave garlic cloves unpeeled, but cut the top 1/2 in. off each clove to prevent oven-garlic explosion from pressure build up! Rub cloves with a small amount of olive or avocado oil.

Place whole cherry tomatoes in a medium bowl with 1 tsp olive oil and a pinch of salt and pepper.

Place whole jalapeños and garlic cloves on a parchment paper lined baking sheet. Add tomatoes to a separate sheet (with a lip to contain juices). Bake all for 20-25 minutes.

Meanwhile, prepare remaining sauce ingredients by placing in a high speed blender or food processor. Prepare pasta per package instructions. Remove the jalapeño and garlic from the oven, allow the garlic to cool but wrap the jalapeños in foil to allow them to steam for about 5 more minutes.

When cool to the touch, squeeze garlic out of the peel and directly into the blender. Carefully remove jalapeños from foil and place on cutting board to remove stems, seeds, and ribs. Add to the blender. {WASH your hands with soap and water before moving on.}

Blend sauce until smooth and creamy, about 1-2 minutes. Mix sauce in with prepared pasta and top with roasted tomatoes!

## NOTES:

\* Start with ¼ cup of water; add remaining ¼ cup if needed to reach desired texture!

\*\* You can definitely play around with other veggies to top. I found the tomatoes balanced out the spicy flavor very nicely! I highly recommend :)

## NUTRITION:

Serving Size: 1/4 recipe Total Calories: 557 Total Fat: 18 g Saturated Fat: 3 g Sodium: 270 mg Carbohydrates: 84 g Dietary Fiber: 7 g Sugar: 5 g Protein: 16 g