

Vegan Mac and “Cheese”

CHEF DANIEL GRYZ
SCHMIDT OCEAN INSTITUTE



Ingredients

1.5 cups unsalted raw cashews
2 cups water
Fresh juice from 1 lemon
1/2 cup nutritional yeast
1/4 teaspoon turmeric
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1.5 teaspoon salt
2 cups shredded vegan “cheddar cheese”
12 ounces elbow macaroni

Breadcrumb topping

1.5 cups panko breadcrumbs
4 tablespoons vegan “butter”
1/4 teaspoon smoked paprika

Directions

1. Preheat oven to 350° F
2. Cover cashews with boiling water and soak for at least 5 minutes.
3. Cook pasta as instructed on package.
4. Drain cashews and discard water; put cashews in high-speed blender with clean water, lemon juice, nutritional yeast, turmeric, garlic powder, onion powder, and salt and blend until very smooth.
5. In small pan, fry breadcrumbs in butter and season with paprika
6. In lightly greased casserole dish, mix cooked/drained pasta, cheese sauce, and shredded cheese, mixing to combine so pasta is fully coated.
7. Sprinkle with breadcrumb mixture, and bake for 15-20 minutes.

Buen Provecho!

Tips

- You can slightly undercook the pasta as it will continue to cook in the oven.
- Personalize the dish by adding cooked chopped vegetables or vegan bacon bits to mixture before baking.



Show us your creations on
social media with hashtag
#SOIRecipes