Recipe Collection

Vegan Mac and Cheese with Kale

Serves 2 – 4 ~ Vegan ~ Gluten Free

Ingredients

- ✓ 3 cups chopped lacinato kale leaves
- ✓ 2 Tbsp. virgin coconut oil or other vegetable oil, divided
- ✓ 8oz gluten free pasta such as rotini or elbows
- ✓ 1/3 cup nutritional yeast
- ✓ 2 Tbsp. cornstarch or arrowroot
- ✓ ¼ tsp. salt
- ✓ ¼ tsp. paprika
- ✓ ¼ tsp. mustard powder
- ✓ ¼ tsp. garlic powder
- ✓ ¼ tsp. onion powder
- ✓ ¼ tsp. turmeric
- ✓ Pinch of cayenne pepper
- ✓ 1 cup unsweetened almond milk
- ✓ 1 Tbsp. sesame tahini
- ✓ 1 Tbsp. fresh lemon juice

Preparation

1. Heat a saute pan or frying pan over medium low heat and saute chopped kale in 1 tablespoon of the coconut oil until tender, about 10-12 minutes. Reserve.
2. Heat a large pot of water to a boil. Add pasta, cook according to package directions until tender, and drain.
3. Meanwhile, in a medium saucepan, stir together nutritional yeast, cornstarch or arrowroot, salt, paprika, mustard powder, garlic powder, onion powder, turmeric and cayenne.
4. Place the saucepan over medium-low heat and whisk in almond milk gradually. Continue to whisk and cook until sauce is smooth and free of lumps and thickens slightly. In a small bowl whisk together tahini, remaining 1 tablespoon coconut oil and lemon juice and stir into sauce.
5. Toss reserved pasta with nutritional yeast mixture and stir in reserved kale. Taste for seasoning and serve.