

 COOKING SHOW #112 - MAC & CHEESE BAR

# Mac & Cheese Bar!

## INGREDIENTS

- 1 8 oz. packages whole grain pasta, cooked

### White Cheese Sauce

- 1/2 14-16 oz. block tofu  
1 cup soy milk  
1/2 cup nutritional yeast  
2 teaspoons garlic powder  
2 teaspoons onion powder  
1 teaspoon paprika  
1 tablespoon dijon mustard  
1/2 teaspoon crushed red pepper  
OR 1/4 teaspoon black pepper  
2 tablespoons lemon juice  
2 teaspoons white miso paste (optional)  
1/4 cup veggie broth or water, to desired consistency

### Toppings!

- Southwest Succotash
- Air Fried Broccoli
- Mushroom Bacon
- Buffalo Sauce
- Roasted Pepitas
- sun dried tomatoes
- black beans
- chives
- chili
- corn
- lima beans
- the sky's the limit!

## METHOD

To prepare the White Cheese Sauce, add all of the ingredients to a high speed blender and blend until smooth and creamy. If it seems thick, add a little more liquid until you reach your perfect consistency. Simmer on the stove over medium heat for 5 minutes or so to cook all the delicious flavors together.

Toss the white sauce with the pasta and top with any of the recommended toppings like Mushroom Bacon and Air Fried Broccoli! Mix and match toppings to make your own unique dish each time!



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# Southwest Succotash

## INGREDIENTS

- 1 poblano pepper, diced
- 1 cup frozen fire roasted corn
- 1 onion, diced
- 1 red bell pepper, diced
- 3-4 garlic cloves, minced
- 1 cup cherry tomatoes, quartered
- 1 lime, juiced
- 1 handful fresh cilantro, chopped

## METHOD

This is a simple sauté! To a large saucepan, add the poblano pepper, corn, onion, red bell pepper, and garlic and sauté over medium high heat for 5-7 minutes until tender, adding veggie stock or water as needed to keep from sticking. Add the tomatoes and cook for another couple minutes until soft. Remove from the heat and mix in the lime juice and fresh cilantro and serve.

If you agree with 56% of our audience from today's poll, add a cup of lima beans too!

### Chef's Notes

Feel free to spice up this recipe with any seasonings you'd like! We kept this one simple as a topper but you could add a good tablespoon or more of your favorite spice blend. Try some of ours!





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# Air Fried Broccoli

### INGREDIENTS

- 1-2 **broccoli crowns, cut into florets**
- 1/2 **lemon, juiced**
- 1+ **tablespoon of your favorite spice blend**

### METHOD

Toss the broccoli in a large mixing bowl with the lemon juice and seasoning blend.

Air fry at 400°F for about 15 minutes, adding a little more time as necessary. You can also roast in the normal oven, same temperature, adding as much time to reach your desired consistency.

### Chef's Notes

Try these out-of-this-world seasoning blends!



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# Mushroom Bacon

## INGREDIENTS

### Marinade

- 1 cup veggie broth
- 1/4-1/2 teaspoon liquid smoke
- 2 tablespoons balsamic vinegar
- 2 tablespoons apple cider vinegar
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 1 lemon, juiced

- 3-4 portobello mushrooms, diced into 1/4" thick pieces

## METHOD

Add all of the marinade ingredients to a small mixing bowl and whisk to combine. Drop in the portobello mushrooms, stir to combine, and marinate for an hour or more in the fridge.

Remove the mushrooms from the marinade and lay them on parchment in your air fryer. Air fry at 400°F for 15 minutes, or more to reach your desired consistency.



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## Buffalo Sauce

### INGREDIENTS

- 2 tablespoons ground cayenne pepper
- 2 tablespoons paprika
- 1/2 cup white vinegar
- 1/2 cup water
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup raw cashews
- 1/2 cup veggie broth

### METHOD

Add all the ingredients to a high-speed blender and blend until smooth. Drizzle over your Mac & Cheese!



## Roasted Pepitas

### INGREDIENTS

- 1 cup pepitas (hulled pumpkin seeds)
- 1 teaspoon tamari (optional)
- 1/4 teaspoon liquid smoke



### METHOD

Heat up a skillet over medium high heat and add the pepitas, stirring constantly to keep from burning. After a couple minutes they should dry out and begin to brown. Toss in the tamari and liquid smoke if using and continue stirring to mix well. Remove from heat and let cool to crisp them up.

Instead of the tamari and liquid smoke you can use lemon juice and your favorite spice blend.