

 COOKING SHOW #117 - PASTA PALOOZA

Dilly Orzo Salad

INGREDIENTS

Salad

- 8 oz. whole wheat orzo**
- 1/2 large cucumber, diced**
- 1 cup cherry tomatoes, quartered**
- 1 15 oz. can chickpeas, drained and rinsed**
- 1/2 cup kalmata olives (optional)**
- 1/2 red onion, diced**
- 1/2 red bell pepper, diced**
- 2 tablespoons fresh dill, chopped**

Dressing

- 3 tablespoons lemon juice**
- 3 tablespoons red wine vinegar**
- 2 teaspoons dijon mustard**
- 1/2 teaspoon garlic powder**
- 1 teaspoon Italian seasoning**
- black pepper, to taste**
- 1 tablespoon tahini (optional)**
- 2 tablespoons water, as needed**

Chef's Notes

Try this recipe with WYW Dressings like Italian, Sweet Mustard, or Sweet Heat to make it even faster!

METHOD

Prepare the pasta according to the package directions. Rinse with cold water or set aside to cool.

While the pasta is cooking, prepare the remaining salad ingredients as listed and set aside.

To prepare the dressing, add all of the ingredients to a large mixing bowl and whisk well to combine, adding just enough water to reach your desired consistency.

Add the salad ingredients to the bowl along with the dressing and stir well. Enjoy!



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Easy Hummus Pasta

INGREDIENTS

Hummus (for reference)

- 1 15 oz. can garbanzo beans
- 1/2 cup reserved aquafaba (bean liquid)
- 2 tablespoons lemon juice
- 4 garlic cloves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 2 tablespoons tahini (optional)

Pasta

- 10-12 oz. favorite pasta
- 6 oz. frozen artichoke hearts, thawed and chopped (~1/2 bag)
- 4 oz. frozen spinach, thawed and chopped
- 1/2 cup hummus
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 teaspoon WYW Stardust (optional)
- crushed red pepper or black pepper, to taste
- 2-4 tablespoons pasta cooking water

Cashew Parmesan

- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- 1 tablespoon WYW Stardust (optional)



METHOD

I am including our hummus recipe just for reference, though you will not need the whole batch for the pasta. Add all of the hummus ingredients to a high-speed blender and blend until smooth, using the plunger to push the mixture down on the blade as it blends. Set aside.

Cook the pasta according to the package directions. Add the chopped artichokes and spinach during the final minute of cooking. Strain, but reserve about a cup of pasta water, and set aside.

While the pasta is cooking, prepare the sauce. In a large mixing bowl, combine the hummus, garlic, Italian seasoning, Stardust if using, and pepper. Slowly whisk in some pasta water until you reach a creamy, saucy consistency.

Next add the pasta, spinach, and artichokes to the bowl with the sauce and toss.

To prepare the Cashew Parmesan, add the ingredients to a small bullet blender and blend until you get a course but consistent texture. Sprinkle on top of the pasta and enjoy!



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Creamy Tomato Pasta

INGREDIENTS

- 1 lb. box pasta
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 tablespoon Italian seasoning
- 1/2 crushed red pepper or black pepper
- 1 tablespoon nutritional yeast
- 1 28 oz. can crushed tomatoes
- 1 cup packed spinach leaves, chopped
- 1/2 cup raw cashews
- 1/2 cup water
- fresh chopped parsley, to serve

Cashew Parmesan

- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- 1 tablespoon WYW Stardust (optional)

METHOD

Cook the pasta according to the package directions and set aside.

While the pasta is cooking, in a separate saucepan, sauté the onion and garlic over medium-high heat for 3-5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Add the tomato paste, Italian seasoning, pepper, and nutritional yeast. Stir well and continue to sauté for a couple minutes.

Next, add the crushed tomatoes along with the spinach. Stir and simmer.

While the sauce is simmering, in a high-speed blender, blend together the cashews and water until smooth. Stir this cashew cream into the sauce.

To prepare the Cashew Parmesan, add the ingredients to a small bullet blender and blend well.

Combine the sauce with the pasta. Top with fresh chopped parsley and Cashew Parmesan and enjoy!



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Ranch Pasta

INGREDIENTS

Pasta

- 6 oz. box favorite pasta
- 1 1/2 cups cherry tomatoes, halved
- 4 ribs celery, chopped
- 1 15 oz. can chickpeas, drained and rinsed
- 2 tablespoons fresh dill, chopped
- 1/2 small red onion, diced
- 1/2 15 oz. can corn, drained

Hemp Seed Ranch

- 1/2 cup hulled hemp seeds/hearts
- 1 lemon, juiced
- 2 garlic cloves
- 1-2 teaspoons fresh dill (or 1/2 tsp dried)
- 1/2 teaspoon ground mustard
- 1/2 teaspoon white pepper
- 1/3 cup water, as needed

METHOD

Prepare the pasta according to the package directions and set aside.

While the pasta is cooking, prepare the remaining pasta ingredients as listed and set aside.

To prepare the Hemp Seed Ranch, add all of the ranch ingredients to a high-speed blender and blend until smooth, adding only as much water as you need to reach your desired consistency.

In a large mixing bowl, combine the pasta ingredients and the dressing and stir well to combine. Enjoy!

