

Creamy Yummy Mac and Cheese

Source: www.nutritionistdeepa.com

Prep	Cook	Total
20 min	15 min	35 min

Serving: 4

A soulful warm cheesy creamy Mac and Cheese

Ingredients

8 ounces **elbow** or *shell lentil pasta of choice, cooked Al'dente*

Cheese Sauce Ingredients

1 medium **carrot** *washed and scrubbed well*

1 medium **Yukon gold potato** *washed and scrubbed well*

1 cups **raw unsalted cashews or papitas/pumpkin seeds (shelled)**
(soaked in water for 2 hours, if desired)

3 tablespoons **fresh lemon juice**

$\frac{3}{4}$ cup **water**

$\frac{1}{2}$ teaspoon **Dijon-style prepared mustard**

$\frac{1}{4}$ cup **nutritional yeast**

$\frac{1}{2}$ teaspoon **chili powder** *optional*

$\frac{1}{2}$ teaspoon **garlic powder**

$\frac{1}{4}$ teaspoon **turmeric**

generous helping of freshly ground black pepper

sea salt as per taste *optional*

paprika *for garnish, optional*

Directions

Steam the potato and carrot until soft.

Peel the potatoes and set aside.

Meanwhile boil the pasta al dente, rinse and set aside. Save $\frac{1}{2}$ cup of water from the pasta to be added to the sauce to add more creaminess.

If making a baked version of this dish then slightly under cook the pasta.

Combine all the sauce ingredients in a blender. Blend it at high speed until very creamy. Add saved pasta water to achieve the creamy sauce consistency.



Directions *(cont.)*

Gently mix in the pasta with cream and serve with dash of paprika on top!

Baked Version: Preheat the oven at 350 degrees.

Thin out the sauce by adding extra 1/4 th cup water. Adjust the seasonings in the sauce.

To get the right texture, slightly under cook the pasta and mix it with the sauce.

Spread the mixture evenly in a glass dish and sprinkle some whole grain or regular or GF panco bread crumbs on top.

Bake for 10-15 minutes or until bead crumbs are golden brown.

PECAN-DATE PIE CRUST

Source: ORIGINAL RECIPE BY KATHY FISHER,
STRAIGHTUPFOOD.COM

Prep	Cook	Total
25 min	10 min	35 min

Serving: 1

Traditional pie crust just got healthier!

Ingredients

2 $\frac{1}{2}$ cups **oat flour**

5 ounces **raw, unsalted pecan pieces** (*about 1cup*)

1 teaspoon **cinnamon**

5 ounces **pitted dates** (**8 to 10 fresh Medjool, chopped**)

$\frac{1}{4}$ cup **unsweetened full fat coconut milk** *or coconut cream*

Directions

Place the oat flour, pecan pieces, and cinnamon in a food processor, and process until the texture resembles coarse flour.

Add the dates, and process for about 1 minute, or until the mixture just begins to clump together. Add the milk and process until the mixture starts to ball up into dough (this will happen quickly).

Form the dough into one big ball and place it on a large piece of parchment paper on top of a cutting board or other flat surface. Press the ball flat with your hands and then place another large piece of parchment paper over the top.

Preheat the oven to 375°F. Set aside an 8-inch pie pan.

Use a rolling pin to roll out the dough into a circle that is about $\frac{1}{8}$ inch thick. The circle should be slightly larger than the upper edge of the pie pan. (If your circle is irregularly shaped, just cut a piece of dough from another area and press it in.)

Peel off the top piece of parchment paper and carefully invert the rolled-out crust onto the pie pan. Peel away the remaining piece of parchment paper. Gently ease the crust into the contours of the pan and lightly press into place.

Use hanging crust to form the edge crust of the pie shell. Build it up some around the top edge of the pie plate so that the crust is more substantial. This will allow it to withstand the heat and resist burning when baked.

Trim away any hanging crust (don't wrap the crust over the edge of the pan since this will make it harder to cut after it's baked). You do not need to poke the crust with a knife.



Directions *(cont.)*

Place a piece of aluminum foil over the entire crust, loosely tucking under the corners. Place on a baking sheet and bake for 10 minutes, or until the edges are very lightly browned.

SWEET POTATO-PECAN PIE

Source: ORIGINAL RECIPE BY KATHY FISHER,
STRAIGHTUPFOOD.COM

Serving: 1

Cinnamon-ginger infused, warm, comforting and perfect to grace the holiday dinner

Ingredients

- 1/4- 1/2 cup **oat flour** (*1/2 cup will result in a firmer filling*)
- 3/4 cup **unsweetened full fat coconut milk** *or coconut cream*
- 4 ounces **pitted dates** (*7 to 8 fresh Medjool, chopped*)
- 1 1/2 teaspoon **vanilla extract** (*or seeds from 1 vanilla bean*)
- 2 1/2 cups **(packed) baked sweet potato flesh only** (*see Notes*)
- 1 1/2 teaspoons **cinnamon**
- 1/2 teaspoon **ground ginger**
- 1/8 teaspoon **ground cloves**
- 1 **prebaked Pecan-Date Pie Crust** (*as per given recipe*)

Directions

Place the nondairy milk, dates, and vanilla into a small bowl, and set aside for at least 15 minutes (so the dates can soften).

Preheat the oven to 375°F. Set aside your prebaked pie crust.

Put the baked sweet potato into the blender or food processor work bowl.

Add the milk, dates and vanilla, and process until smooth.

Add the oat flour, cinnamon, ginger, and cloves to the food sweet potato mixture, and blend until smooth, scraping down the sides a couple times. (This will be thick, so use your blender's tamper, if it has one, or a silicon spatula if using a food processor.)

Pour the pie filling into the prebaked pie crust and smooth out evenly.

Wrap a few 3-inch-wide strips of aluminum foil around the edge of the pie crust (keeping the edges of the foil from touching the filling) to prevent the crust from overbrowning.

Bake for 25 to 30 minutes, or until the crust is a medium brown.

Test with a cake tester. If the filling is still wet, drop the oven temperature to 325 and bake another 5-10 minutes.

Remove the pie from the oven and remove the foil strips. Cool completely before slicing.



Prep Notes

1 day before: *Please refer to the pecan-date crust recipe for the pie crust and make it ahead of time*

The day of: *The bake the sweet potato, place the unpeeled potato on a baking sheet, and bake at 400°F for 60 to 70 minutes, or until very soft when pierced with a knife.*

To make this a pumpkin pie, substitute 1 can (15 ounces) 100% cooked pumpkin (not "pumpkin pie mix") or 1½ cups (packed) baked pumpkin.

To make this a yam pie, substitute 1½ cups (packed) baked yams. Yam pie will be darker in color than sweet potato pie.