



Vegan Chickpea Spaghetti with Dairy Free Alfredo Sauce

Serve a creamy dairy free sauce over your favorite spaghetti

Dairy Free Cashew Cream Cheese (make ahead recipe)

1 Tablespoon liquid coconut oil

1 large onion, peeled, sliced

Sea salt; ground black pepper as desired

4 ounces fresh shiitake mushrooms, stems removed, sliced

4 cups fresh baby spinach, coarse sliced

2 large fresh tomatoes, sliced into chunks

2 green onions, trimmed, chopped

1 (8 ounce) package organic chickpea spaghetti

8 ounces water

Unsweetened plant-based milk as needed

2 large fresh basil sprigs, leaves removed, thin sliced

Italian hot spiced seasoning or Duxbury Saltworks blend as desired

Garnish: Fresh Basil Sprig

Before Making the Recipe: Prepare Dairy Free Cashew Cream Cheese; store in refrigerator

Cook Onions and Mushrooms: Heat coconut oil in 10-inch skillet; add onion slices; sprinkle lightly with sea salt and black pepper; cover; cook over medium heat; turning occasionally; until lightly browned; add sliced mushrooms; cover; continue cooking until onions are golden and mushrooms softened. Remove from pan to large bowl; toss in fresh spinach; set aside to stay warm.

Prepare Tomato Topping: Place chopped tomatoes and green onions in medium sized bowl; set aside.

Cook Spaghetti: Prepare chickpea spaghetti according to package directions. Bring 8 cups of water to boiling; add spaghetti; reduce heat; simmer for 8 to 10 minutes. Rinse; drain. If using regular spaghetti, follow package directions.

Toss with Sauce: In a small saucepan, over medium low heat, heat cashew cream cheese adding plant-based milk as needed until creamy smooth sauce forms. Spoon sauce over hot cooked spaghetti; toss to coat.

To Serve: Using a 12-inch quiche dish; spoon spinach onion mixture around the edge of plate, leaving the center open. Spoon the hot spaghetti into the center. Spoon the fresh tomatoes over the center of the spaghetti. Sprinkle the tomatoes with an Italian peppered seasoning blend as desired. Garnish with a fresh basil sprig. Serves: 4

About the Recipe: The creamy spaghetti dish is layered with flavors. Caramelized onions and mushrooms are tossed with fresh green spinach with creamy vegan cashew sauce coating the spaghetti. It's topped with fresh tomatoes, green onions, and sprinkled with spicy peppered seasoning or Duxbury Saltwork's blend. It's a perfect company dish and easy to make.