

# Vegan Creamy Pasta with Kale

## Ingredients (*Total Cost: \$8.62*)

- 1 ½ cups raw, unsalted cashews (\$4.50)
- 12 oz. farfalle pasta (\$1.00)
- 2 cloves garlic (\$0.18)
- 1/2 lemon (\$0.38)
- 2 tbsp. nutritional yeast (\$0.20)
- 1 ½ cups water (\$0.00)
- Pinch of salt (\$0.01)
- 1 tbsp. olive oil, for cooking (\$0.10)
- 1 bunch kale, any kind (\$2.00)
- ½ medium-sized onion (\$0.25)

## Steps

1. If possible, soak your cashews for a minimum of 6 hours before hand. If not, bring the cashews to a boil and boil for 10 minutes to soften. Boil a large pot of water for your pasta, salt well, and cook until done (about 15 minutes).
2. While the pasta is cooking, place the softened cashews, garlic, juice from the lemon, nutritional yeast, and water in a blender or food processor. Blend until smooth, then add salt to taste.
3. Dice the onion, and roughly chop the kale. Heat a little oil in a large skillet, then add the onion and saute for a minute to soften. Add the kale, and continue to cook until it has wilted slightly. Add the cooked pasta, along with ½ cup of the pasta water to the skillet, and cook for a couple minutes to incorporate.
4. Turn the heat on low, and pour in the cashew sauce. Stir to coat all of the kale and pasta, and serve warm.

*Total Recipe Time: 25 minutes*

*Serves: 4-6 adults*

