



Vegan White Bean Mac & Cheese

<u>U.S.</u>		<u>Metric</u>
15 oz	White Beans, drained and rinsed	424 g
1 cup	Almond Milk	237 mL
1 Tbsp	Olive Oil	15 mL
1/4 tsp	Garlic Powder	0.75 g
1/4 tsp	Cayenne Pepper	0.75 g
1/3 cup	Nutritional Yeast	38 g
1 cup	Whole Wheat Panko Bread Crumbs	113 g
1/2 tsp	Salt, kosher	2.5 g
3 quarts	Water	3 L
12 oz	Whole Wheat Elbow or Penne Pasta	339 g
1 Tbsp	Fresh Parsley	4 g

Preparation:

1. Gather all equipment and ingredients.
2. Preheat oven to 350 °F / 180 °C.
3. In a large saucepan or small stockpot, bring 3 quarts of water to a boil. Add the whole wheat pasta and cook until al dente (about 12 minutes).
4. Add the milk, white beans, salt, garlic powder, cayenne, nutritional yeast, low-fat cheddar cheese, and puree until very smooth. You can also use an immersion blender or food processor.
5. Pour the mixture into a bowl and add in panko bread crumbs, stirring until evenly incorporated.
6. When the pasta is done cooking, strain the water and pour the pasta into a half hotel pan. Add the white bean sauce to the pasta, and bake for 15 minutes, until sauce is bubbling and hot.
7. Enjoy immediately.

Nutrition Facts

Serving size	1.5 cups
Servings	6
Calories	380
Calories from Fat	40
Total Fat	4.5 g
Saturated Fat	1 g
Trans Fat	1 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	230 mg
Carbohydrates	73 g
Dietary Fiber	13 g
Sugars	4 g
Protein	19 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	8 %
Iron	15 %

Phosphorus 81 mg
