



Vegan White Bean Mac & Cheese

<u>U.S.</u>		<u>Metric</u>
15 oz	White Beans, drained and rinsed	425.24 g
1 cup	Almond Milk	236.58 mL
1 Tbsp	Olive oil	15.0 mL
1/4 tsp	Garlic Powder	0.7 g
1/4 tsp	Cayenne Pepper	0.45 g
1/3 cup	Nutritional Yeast	20 g
1 cup	Whole Wheat Panko Bread Crumbs	50 g
1/2 tsp	Salt, kosher	3 g
3 quarts	Water	2.85 liters
12 oz	Whole Wheat Elbow or Penne Pasta	340.19 g
1 Tbsp	Fresh Parsley	3.8 g

Preparation:

1. Gather all ingredients and equipment.
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 on Reverse**

Nutrition Facts**Serving size** **1 1/2 cups**
Servings **6****Calories** 385
Calories from Fat 40

Total Fat	5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	228 mg
Carbohydrates	73 g
Dietary Fiber	13 g
Sugars	4 g
Protein	19 g
Vitamin A	2 %
Calcium	9 %
Vitamin C	0 %
Iron	2 %
Phosphorus	81 mg
