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Spaghetti With Cashew Cream, Peas, and Spinach

Prep time: 3 hours Cook time: 15 min.

Serving size: 1 bowl

Recipe yields 1 serving

Ingredients

6 oz. dry spaghetti

4 oz. raw, unsalted cashews, soaked in water for at least 3 hours

1-1/2 cups water

1 tbsp nutritional yeast

Juice of 1 lemon

4 oz. peas, fresh or thawed

6 oz. spinach

Directions

1. Blend the soaked cashews with water, nutritional yeast, and lemon. Season to taste with salt.
2. Bring a large pot of salted water to a boil. Add the pasta to the water and stir occasionally to prevent noodles from sticking together. Cook for 8-12 minutes, until desired tenderness is reached.
3. Drain the cooked pasta, but reserve a little bit of the pasta water.
4. Toss the hot cooked pasta in a mixing bowl with the peas, spinach, and cashew cream. If it looks a little too thick, add some pasta water to achieve desired consistency.