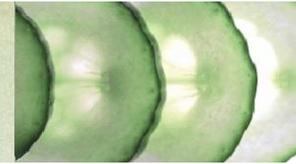


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Cashew Rosé with Greens & Pea Shoots for One



Spring days mean busy days, and what's easier to make for dinner than pasta? Add zing, nutrition, and a hint of elegance to this weeknight staple with raw cashew cheese and fresh pea shoots. Baby greens, or microgreens, are rich in vitamins, minerals, antioxidants, and active enzymes even more so than their mature counterparts in order to nourish the baby plant as it grows. Adding your microgreens raw or slightly wilted at the end of cooking helps preserve those nutrients while adding fresh flavour to your dish. Raw cashew cheese adds omega fats, minerals, and a hit of protein to your sauce – not to mention delicious, rich flavour! Check your favourite health food store, try making your own, or, in a pinch, Daiya or Tofutti cream cheese work too.

Ingredients

- 2 handfuls (dry) organic wild rice pasta shells, or other gluten-free/whole-grain pasta of choice
- ½ cup prepared organic tomato sauce, such as Arrabbiata, roasted garlic, or tomato-basil
- 2-3 chopped mushrooms (optional)
- Handful (approx. 1 cup) organic baby greens mix, such as spinach, kale, or arugula
- 2 Tbsp. raw cashew cheese, such as Zengarry gruyere or garlic & fine herb
- 1-2 Tbsp. plant-based cooking cream, such as coconut, rice, or millet (optional)
- ¼-½ cup fresh pea shoots, or other microgreen of choice, torn or chopped
- 2-3 fresh basil leaves, chopped (optional)

Directions

Prepare pasta according to directions on package. Drain and rinse with cold water to remove starch. Set aside.

Warm tomato sauce with mushrooms (if using) and baby greens in a small saucepan over medium heat. Stir frequently to prevent sauce sticking.

When mushrooms are cooked through and/or when greens have wilted, add the cashew cheese to the sauce in small dollops for easier melting. Stir well to blend. If creamier texture is desired, plant-based cooking cream can be added a little bit at a time. Unsweetened almond or coconut beverage can also be used.

Once sauce is ready, rinse pasta again with hot water until steaming. Transfer pasta to a bowl and top with sauce, torn pea shoots, and basil (if using). Serve.

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