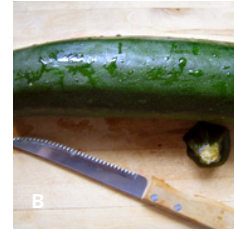




DAIRY-FREE ZUCCHINI NOODLE & KALE ALFREDO



MAKES 4 SERVINGS

TOOLS

Mandoline slicer w/julienne blade or Julienne peeler or Veggie noodle slicer or A Chef's knife and your own skills
Double-boiler or steamer

INGREDIENTS

2 large zucchini (you can also use 1 summer squash and 1 zucchini for a more colorful dish)

3-4 large leaves curly purple and/or green kale (you can use 5-7 Lacinato leaves)

Sauce

½ cup sunflower seeds, soaked

½ cup cashews, soaked

2 tbsp + 1 tsp fresh lemon juice

2 tsp tahini

3 cloves garlic, roasted

1 ½ cup pure warm water

1 tbsp extra virgin coconut oil

1 tbsp nutritional yeast

1 tsp pink Himalayan or Celtic sea salt (or more to taste)

¼ tsp fresh ground black pepper

STEPS

1. Soak cashews and sunflower seeds for about 2-4 hours in a bowl filled with pure water (A). Rinse well, then place in the blender with all sauce ingredients and mix until smooth. Set aside.

2. Julienne your zucchini with any handy kitchen gadgets you have, or slice ends off of zucchini (B), then slice lengthwise into long strips about 1/8" thick. Then lay those strips flat and slice lengthwise again into thin noodles (C). Set aside.

3. Chiffonade kale leaves to create noodle-like strips (D). Set aside.

4. In a small saucepan, warm sauce over low heat, stirring occasionally.

5. Steam zucchini for about 3 minutes, until soft.

6. Transfer to a large bowl and toss with warm sauce and kale (will wilt a bit thanks to the heat). Serve with fresh ground pepper and enjoy!

ADAPTATIONS & TIPS

1. Can't find zucchini? Use 2 squash. No luck finding squash either? Feel free to use any kind of noodles you like here with the sauce. Add chopped, steamed broccoli, red pepper, onion and/or sautéed mushrooms to get some veggie action.

2. Try adding a splash of dry white wine to the sauce, when blending, for extra flavor.

3. You can replace cashews with Macadamia nuts or make a sauce using 1 cup of soaked sunflower seeds instead of ½ cashews and ½ sunflower seeds.

IF YOU USE OUR ADAPTATIONS OR MAKE THIS RECIPE...

Be sure to share what YU came up with at:

Facebook.com/YumUniverse

Twitter.com/YumUniverse

YumUniverse.com