



Mac and 'Cheese'

Recipe by Dr. William T. Wong

A new take on the classic Mac and Cheese, this family-friendly recipe delivers the same comfort without the dairy.

Ingredients

- o 2 potatoes
- o 1 carrot
- o 1/4 white onion
- o 1 teaspoon salt
- o 1 teaspoon garlic powder
- o 1 teaspoon onion powder
- o 1/2 cup raw cashews
- o 3 cups dry (whole grain if possible) elbow macaroni (or one box)

This recipe yields 6 cups and serves 6. Ready in 30 minutes.

Instructions

1. Peel potatoes and cut into 1-inch pieces.

2. Boil potatoes for 2 minutes.
3. Peel carrot; chop and add to boiling potatoes.
4. Boil for 5 minutes.
5. Add onion to potatoes and carrots.
6. Boil for 7 minutes or until soft.
7. Remove vegetables from water, but reserve the water.
8. In a separate pot, start cooking the pasta.
9. In a blender, add cashews, cooked veggies, spices, and 1 1/2 cups of reserved boiled water.
10. Blend well and add to drained, cooked pasta.