

Creamy Spring Pasta

serves 4

total time 30 minutes

This pasta gets its creaminess from a luscious cashew cream sauce rather than dairy. It's bursting with spring veggies like asparagus and peas, and gets its deep savory flavor from applewood smoked bacon. The lemon juice and zest makes this bright and a perfect easing-into-spring dish.

cashew cream sauce

1.5 cups raw cashews, soaked overnight*

1 cup water

1 clove of garlic

Juice + zest of 1 lemon

½ tsp salt

A few grinds of pepper

pasta ingredients

6 strips of applewood smoked bacon, chopped**

3 shallots (or ½ red onion), thinly sliced

1 clove of garlic, minced

2-3 cups asparagus, chopped, approximately 1 lb

1 cup fresh or frozen peas

9 oz your favorite pasta

garnish

Fresh lemon zest

Black Pepper

Micro-planed brazil or macadamia nuts

Nutritional Yeast



instructions

1. Get a pot of water for your pasta going on the stove.
2. First, make your cashew cream sauce. Add everything to a high-speed blender and blend on high for 1 minute, scraping down sides as necessary. Set aside.
3. In a large skillet over medium heat, add the bacon and shallots. Cook for 5-7 minutes until they're both starting to get brown and crispy. Add the garlic for the last minute or so of cooking. Transfer to a bowl and set aside.
4. In the same skillet, add the asparagus and turn up the heat slightly. Sauté your asparagus for about 3-5 minutes, until it turns bright green. Add the peas and cook for an additional 2-3 minutes, until they turn bright green as well.

5. In the meantime, you may notice your pasta water boiling. Go ahead and cook your pasta according to the package instructions, drain and set aside.
6. Once the asparagus and peas are done cooking, turn the heat to low and add the cashew cream, the bacon/shallots and the pasta to the skillet. Stir the pasta mixture evenly, distributing the cream sauce to make sure everything is coated. If the cashew sauce gets too thick as it sits, add a few splashes of water until it's creamy again.
7. Divide into bowls and garnish with a little fresh lemon zest, your "parm" of choice and some fresh black pepper. Enjoy!

* If you forget to soak overnight, cover the cashews in boiling water and allow to sit for at least 10 minutes.

** You can use regular bacon here, but the smoked flavor really makes this good.