

Fettuccine Alfredo, serves 4 to 6

1 pound fettuccine
1 large onion, chopped
3 cloves garlic, minced
1 cup raw cashews or blanched almonds
1 ½ cups water
2 teaspoons white miso paste, optional
1 Tablespoon lemon juice
1 teaspoon sea salt
¼ teaspoon freshly ground pepper
Chopped fresh Italian parsley, for garnish
Red pepper flakes, optional
Bonus points- 12-16 oz frozen broccoli or vegetable medley, *optional*

1. Bring a large pot of salted water to a boil. Add fettuccine and cook according to package directions. If using, add frozen vegetables to pasta pot 2 -3 minutes before boiling is finished. Drain, rinse under cold water and set aside. Alternatively, cook vegetables according to package directions and serve on the side.
2. Meanwhile, heat ¼ cup water in medium skillet over medium-high heat. Add onions and let cook until soft and translucent. Add garlic and let cook a few minutes more. Add water as needed to avoid sticking. Remove from heat.
3. In a blender or food processor, combine onions and garlic, cashews, water, miso paste if desired, lemon juice, salt and pepper. Process on high until very smooth, about 2 minutes. For a thinner sauce, add more water, 1 Tablespoon at a time. Taste and adjust seasonings.
4. Toss pasta and vegetables, if using, with sauce until noodles are evenly coated. Garnish with parsley and red pepper flakes, if desired.

Note: If you are not using a high speed blender, such as Vitamix or Blendtec, soak cashews or almonds overnight or boil 10 minutes and drain. This will soften them and ensure a silky smooth cream.