

Hurry Up Alfredo

One day I came home from running errands and I was starving. I felt like pasta with a creamy sauce, but I didn't have the patience to make a roux. I decided to make a blender Alfredo because I didn't care how it turned out and it'd be quick. I not only loved the sauce, but my husband and I now make it on a regular basis. It's fast and easy, and you probably already have all of the ingredients. It's a great compromise between "I don't feel like cooking" and "I don't want to eat toast for dinner." We like it so much, however, that we make it even when we have plenty of time to spend in the kitchen.

I like to use the wide fettucini-style rice noodles, but whatever pasta shape you have will work wonderfully (the shape pictured here is orecchiette). You don't even need pasta to enjoy the sauce: I've made this several times and poured it over a huge bowl of steamed organic broccoli and it was divine.



3 cups of any small pasta shape

Alfredo Sauce

1 cup soy milk

1/3 cup rounded raw, unsalted cashews

1/4 cup nutritional yeast

3 tablespoons low-sodium tamari or soy sauce

2 tablespoons Earth Balance margarine

1 tablespoon tahini

1 tablespoon fresh lemon juice

2 teaspoons Dijon or stone-ground mustard

1/2 teaspoon paprika

1 pinch nutmeg

1 pinch salt

Black pepper, to taste

2 to 4 garlic cloves
(optional)

Suggested/optional add-ins

2 cups steamed broccoli florets or any other veggie

2 tablespoons of fresh herbs (*your favorite*)

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Makes 2 or 3 servings

step 1 Bring a pot of salted water to boil and add the noodles. Cook until tender but not mushy.

step 2 Meanwhile, to make the sauce, mix together the soy milk, cashews, yeast, tamari (or soy sauce), margarine, tahini, lemon juice, mustard, paprika, nutmeg, salt, pepper, and garlic (if using) in a blender and blend on high until very smooth. If your blender is having issues with grinding the nuts smoothly, you can strain the sauce. (Or you can keep them as is and pretend it's a "textural feature.")

step 3 When the noodles are finished cooking, drain them well. Add the noodles back to the now empty but still hot pot and pour as much sauce as you want over them. Turn the heat on and gently stir until the noodles are piping hot, adding in your optional veggies or herbs if you're using them. Serve immediately.