



Acorn or Butternut Alfredo Sauce

By KeyIngredient.com

Ingredients

- 4 Cups roasted Acorn Squash (1 medium squash) (Can use Butternut Squash)
- 1 cup parsley (or fresh basil)
- $\frac{3}{4}$ cup plain plant milk (almond/hemp/soy)
- $\frac{1}{3}$ cup Nutritional Yeast Flakes
- 2-3 Tbsp Olive Oil
- 2-3 Tbsp Dijon Mustard
- 2-3 Tbsp apple cider vinegar
- 2 Tbsp roasted garlic
- 2 Tbsp dried Italian herbs (basil, oregano, thyme)
- 1 Tbsp maple syrup
- salt
- pepper
- 1 bag pasta-Kamut/Spelt/Brown Rice Penne /Quinoa
- 2-3 cups mushrooms
- optional chipotle drizzle

Directions

Turn on oven to 350 degrees. Fill a casserole dish with an inch of water. Slice Acorn Squash in half (horizontal slice as shown) and lay flat in dish. Place in oven to roast at 350 degrees for 60-75 minutes. When your squash is roasted the skin should peel away quite easily. Remove all skin and place squash flesh in a food processor. Add all other ingredients. Blend on high for at least 2 minutes. You want all the parsley to chop into fine bits. Set sauce aside. Boil a pot of salted water. Cook your pasta. 2-3 minutes before the pasta is ready to drain, add mushrooms. Drain as usual. Toss dry pasta in a splash of Olive Oil (opt'l). Toss warm pasta in your Acorn Alfredo Sauce. Mix well so each pasta bit is coated.

The Balanced Body Center

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