

### Cauli-power Alfredo

Serves: 12 - 1 cup zoodles with 1/2 cup sauce

amount	unit	Ingredients:
2	each	medium heads cauliflower, cut into florets
1	cup	raw cashews soaked in boiling water for 15 minutes
1	Tbsp	olive oil
0.5	each	onion, diced
2	Tbsp	minced garlic
1	cup	unsweetened, unflavored soy milk
0.25	cup	nutritional yeast
2	Tbsp	fresh lemon juice
1	tsp	salt
0.5	tsp	pepper
1	Tbsp	olive oil
6	each	medium zucchini spiralized
1	bunch	fresh parsley for garnish

Instructions: Add cauliflower florets to a large pot and cover with water. Bring to a boil. Once boiling, cook for another 5-7 minutes until fork tender. Drain. Add 1 Tbsp oil to skillet and sauté diced onion until translucent. Add minced garlic and saute until softened and fragrant, but not browned. In a high speed blender, add the cooked and drained cauliflower, drained cashews, sautéed onion and garlic, soy milk, nutritional yeast, lemon juice, salt and pepper. Blend until a super smooth sauce forms. Set aside. Add 1 Tbsp olive oil to skillet. Saute spiralized zucchini for 3-5 minutes, over medium high heat. Add sauce to zucchini and heat through. Garnish with fresh parsley.

#### Nutritional Information:

Calories: 70; Carbohydrates: 9g; Fiber: 3g; Sugars: 4g; Protein: 4g; Fat: 3g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 200mg