

Vegan Alfredo Sauce over Whole Wheat Pasta



Estimated Time: 20 mins

Nutrition Per Serving

4 Servings (½ cup per serving)

Calories	437
Protein	19g
Total Carbohydrates	72g
Net	57.7g
Sugar	12g
Fiber	14g
Total Fat	9.8g
Saturated Fat	1.4g
Polyunsaturated Fat	3.5g
Monounsaturated Fat	4.1g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	431mg
Potassium	814mg
Phosphorus	406.3mg
Calcium	275mg

Recipe provided by
Chef Duane

Ingredients

- 8 oz. whole wheat pasta (e.g. spaghetti or fettucine)
- ½ medium onion, diced
- 4 cloves of garlic, minced
- 1 (15 oz) can low sodium white beans, rinsed and drained
- 1 ¾ cups rice milk
- 2 cups frozen baby peas
- 1 tablespoon ground thyme
- 1 tablespoon dried basil
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 1 ½ teaspoons dijon mustard
- 1 teaspoon dried parsley
- 2 teaspoons olive oil

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Boil water for pasta. Note: Don't add salt to water.
2. While the pasta is cooking, place the frozen peas into a large strainer.
3. Once pasta is cooked, drain the hot water over the frozen peas.
4. In a large fry pan, sauté the diced onions with oil over medium heat until they appear translucent. Add garlic cloves and cook for one more min.
5. Then, add the rice milk and basil, letting the sautéed mixture simmer for 3-4 minutes.
6. Mash the beans in a separate bowl and add to the fry pan, stirring regularly until beans are mixed in with the rice milk. Cook for 2 more minutes.
7. Combine the pasta over peas and the sautéed mix together and let it set for several minutes, allowing the sauce to thicken and stick to the pasta.
8. Make sure to stir the pasta mixture before serving.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.