

Creamy Pasta Primavera



TOTAL TIME

25 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

511 kcal

INGREDIENTS

- ¼ c olive oil divided
- 1 c finely chopped onion
- 5 cloves minced garlic divided
- 2 c unsweetened soy milk or other plant-based milk for soy free
- 1 c raw cashews
- ½ c nutritional yeast divided
- 2 tsp salt divided
- ½ tsp black pepper
- 1 c TVP in very small pieces. (Pulse in a blender if need be.) You can use textured pea protein for soy-free.
- 2 c thinly sliced carrots
- 3 c asparagus cut into 2" pieces
- 1 ½ c frozen peas thawed
- 14 oz Banza Pasta penne or spirals

INSTRUCTIONS

1. In a small pan, add 2 Tbsp of olive oil over medium heat. Add your onion and saute for 5 minutes until softened and golden, add 3 minced cloves of garlic and cook for one more minute, stirring so it doesn't burn.
2. In a blender, add 2 c soy milk, 1 c cashews, 5 Tbsp nutritional yeast, 1 tsp salt and ½ tsp pepper. Blend until smooth and set aside.
3. In a large skillet on medium-high heat, add remaining 2 Tbsp olive oil. Add remaining 2 minced cloves of garlic and cook for 1 minute. Stir in the 1 c TVP, ¼ tsp salt, and 3 Tbsp nutritional yeast.
4. Cook until crispy and toasted, about 3-4 minutes.
5. Bring a large pot of salted water to a boil. Add 2 c thinly sliced carrots and cook for 3 minutes. Add 3 c asparagus pieces, cook for 2 minutes.
6. Remove veggies with a slotted spoon to a large bowl. Stir in 1 ½ c thawed frozen peas.
7. Add 14 oz Banza pasta to the boiling water and cook for about 12 minutes until al dente. Remove ½ c cooking liquid.
8. Drain the pasta and put it back in the pot.
9. Stir in your vegetables, blended sauce, pasta cooking liquid, and remaining ½ tsp salt.
10. Cook over medium heat for about 2 minutes until warmed through.
11. Spoon the pasta into 7 meal-prep containers equally and top evenly with the toasted TVP mixture.

NUTRITION

Nutrition Facts

Creamy Pasta Primavera

Amount Per Serving (1 g)

Calories 511 Calories from Fat 180

% Daily Value*

Fat 20g **31%**

Carbohydrates 51g **17%**

Protein 33g **66%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!