



## ZOODLES WITH CASHEW ALFREDO

*Makes 2 Servings*

### INGREDIENTS

- 1 head garlic
- 1 tsp olive oil
- 1 cup raw cashews
- 3 cups water
- 1 tsp sea salt
- 2 Tbsp pepperoncini juice
- 1 Tbsp plant-based butter
- 2 cups mushrooms, sliced
- 1 cup sweet peppers, thinly sliced
- 4 cups spiralized zucchini

### DIRECTIONS

1. Preheat the oven to 400°F. Line a small baking sheet or dish with foil.
2. Remove loose skins from the garlic head. Cut about ½-inch off of the top. Drizzle with olive oil, rubbing oil into the cut edges so it is well coated.
3. Place garlic on the prepared baking sheet, and cover tightly with foil. Bake 30-40 minutes until the cloves are soft and caramelized. Remove from skins with a fork or sharp knife. Set aside.
4. Bring cashews to a boil with 3 cups of water in a small saucepan. Boil for 10 minutes. Remove from heat and drain, reserving liquid.
5. Place softened cashews, roasted garlic, sea salt, pepperoncini juice, and ½ cup of the cashew liquid into a blender.
6. Blend until completely smooth. Add more cashew liquid until desired consistency is reached. We found that 1 ½ cups of liquid was perfect for pasta or pizza sauce.
7. Taste sauce, and adjust seasonings if desired.
8. In a large skillet, melt butter over medium heat. Saute mushrooms until softened and cooked through, about 5-7 minutes. Add peppers and zucchini noodles, cook and stir until softened and heated through, about 5 minutes. Drain water from the skillet, if necessary.
9. Toss with 1 cup of the cashew Alfredo sauce, add salt and pepper to taste.