



CRYSTAL HILLS

## Refreshing Edamame and Parsley Pasta

Serves 3-4 | Cook time: 10 minutes | Prep time: 15 minutes

### *Recipe*

#### Ingredients:

3 servings whole wheat radiatori Kaslo Sourdough Pasta

1 cup organic non-gmo edamame, shelled and thawed

1/2 cup fresh parsley, finely chopped

2 tablespoons extra virgin olive oil

1/2 cup raw cashews (or sub with sunflower seeds, silken tofu, hemp seeds or the flesh of young coconuts for a nut-free alternative)

2 tablespoons nutritional yeast

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon pepper

#### Instructions:

Boil water with salt. Add pasta and cook to desired firmness (5-8 minutes).

Meanwhile, add cashews (or nut-free alternative) to a high speed blender or food processor, add nutritional yeast, garlic powder, salt and pepper. Pulse until parmesan consistency.

Once pasta has finished cooking, drain and let cool for 10 minutes.

Combine olive oil, chopped parsley, edamame beans and 2 tablespoons of the cashew parmesan (or your nut-free alternative) with cooled pasta. Mix and top with more of the parmesan mixture then garnish with more parsley.

Serve.

Store in the fridge in a sealed container for up to a week.

Enjoy!