Spaghetti Alfredo

Source: Recipe by Hana Kahleova, MD, PhD

Find this recipe and more in The Vegan Starter Kit by Neal Barnard, MD.

About the Recipe

315 Calories · 14 g Protein · 9 g Fiber
Dinner

Ingredients

Makes 2 Servings

- onion, chopped (1)
- garlic, finely chopped (3 cloves)
- low-sodium vegetable broth (1 tbsp.)
- almond milk or cashew milk (3/4 cup)
- salt (pinch)
- chopped cauliflower (1 cup)
- nutritional yeast (1 tbsp.)
- lemon juice (1/2 tbsp.)
- dry whole wheat spaghetti, or 3 to 4 cups cooked spaghetti squash (4 ounces)

Directions

1. Sauté the onion and garlic in the vegetable broth until golden brown, 3 to 4 minutes.
2. Add the almond milk and bring it to a boil. Add the salt and cauliflower and cook until the cauliflower is soft, about 7 minutes.
3. Transfer to a blender and add the nutritional yeast and lemon juice. Blend until smooth.
4. Cook the pasta al dente according to the package directions. Drain and pour the pasta into the pan with the sauce.
5. Stir and serve.
6. To prepare the spaghetti squash: Preheat the oven to 350 F. Carefully halve a raw spaghetti squash and remove the seeds with a large spoon. Place the halves on a baking sheet facing up. Sprinkle with black pepper to taste. Bake for about an hour, or until the inside strands can be easily pulled out with a fork. Use the fork to remove all "spaghetti" strands. Serve with Alfredo sauce above.

**Nutrition Facts**

*Per serving (1/2 of recipe)*

- **Calories:** 315
- **Protein:** 14 g
- **Carbohydrate:** 62 g
- **Sugar:** 7 g
- **Fat:** 4 g
- **Calories from Fat:** 11%
- **Fiber:** 9 g
- **Sodium:** 226 mg