



CAULIFLOWER HEMP FETTUCCINE

By: Clean Eating - Summer 2020

Serves: 4

Ingredients

- 8 oz whole wheat fettuccine (or other whole grain or bean pasta)
- 3 cups cauliflower florets, steamed
- 1/4 hemp hearts, divided
- 2 tbs coconut oil
- 2 tbs yellow miso paste
- 1 tbs nutritional yeast
- 1 tsp apple cider vinegar
- 1/4 tsp sea salt
- 2 large zucchini, spiralized or shaved into noodles
- 3 cups baby spinach
- 1/4 cup chopped fresh basil
- Pinch of ground black pepper

Directions

1. Cook pasta according to package directions
2. Meanwhile, in a food processor, combine cauliflower, 3 tbs hemp hearts, oil, miso, yeast, vinegar, salt and 1/3 cup water - if sauce is too thick, add more water, 1 tbs at a time to reach a sauce consistency.
3. To a large saucepan, add cauliflower sauce and zucchini. Cook 3-4 minutes stirring constantly or until zucchini is tender and sauce has thickened. Fold in spinach and cook until wilted, about 1 minute. Fold in cooked pasta, toss until just incorporated, then remove from heat. Enjoy!

Nutrition per serving:

Calories: 426

Fat: 15 g

Sat. fat: 7 g

Monounsaturated 1 g

Polyunsaturated 5 g

Carbohydrates: 61 g

Fiber: 11 g

Sugar: 8 g

Sodium: 567 mg

Protein: 19 g