

UC-VEG

Umpqua Community Veg Education Group

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Creamy Tomato & Kale Pasta

Ingredients:

- ½ cup raw, unsalted cashews
- 8 ounces organic, extra-firm tofu*
- 1 cup non-dairy milk (almond, hazelnut, soy)
- 3 tablespoons nutritional yeast flakes
- 3 ounces (half a 6 oz. can) tomato paste
- ½ teaspoon sea salt
- freshly ground pepper
- 8 ounces rotini or other small pasta
- ½ tablespoon olive oil
- 1 small red onion, diced
- 1 clove garlic, minced
- 1 can petite-diced tomatoes or 1 ¾ cups fresh tomatoes, diced
- 2 cups (packed) chopped kale
- ½ tablespoon dried basil or 1 cup finely chopped fresh basil
- ½ teaspoon dried oregano

In a small bowl, cover the cashews with cold water and let soak several hours or overnight. (Optional, but it makes the nuts more digestible.)

Remove tofu from packaging and place it on a plate lined with a few layers of paper towels. Cover with additional paper towels and place something heavy on top to press out part of the moisture in the tofu. A heavy pot or a brick works well. Let stand while you prepare the sauce.

In a large pot of boiling water, cook the pasta according to package directions just until al dente. Drain, return to the pot, cover and set aside.

For the sauce: Drain and rinse the cashews. In a blender or food processor, combine the cashews, non-dairy milk, nutritional yeast, tomato paste, salt and pepper. Blend until smooth. Toss a small amount of the sauce with the drained pasta to keep it from sticking together. Set the rest aside while you cook the vegetables and tofu.

In a wok or large frying pan, heat the oil over medium heat and sauté the onion and garlic until almost translucent. Cut the pressed block of tofu into half-inch cubes and add to the onion and garlic. Sauté for a few minutes, then add the tomatoes, kale, basil and oregano. Cook, uncovered, 5 - 7 minutes, until kale is wilted. Stir in the cashew sauce, cover, reduce heat and simmer 5 - 10 minutes. Combine with the drained pasta, season with additional salt and pepper, if desired, and serve warm.

*Freezing the tofu in its container and then thawing overnight in the refrigerator before using will give it a chewier, more meat-like texture, but this step is entirely optional.

Recipe credited to Jennifer D. Coalwell

flavorsoftheumpqua.blogspot.com adapted from Oh She Glows by Angela Liddon