

VEGAN PASTA WITH CREAMY WHITE BEAN “ALFREDO” WITH PEAS, LEMON AND ROSEMARY WALNUTS

Yield: 8 Portions

Ingredients	Amounts
<i>Rosemary Walnuts</i>	
Extra virgin olive oil	¼ cup
Walnuts, chopped	1 cup
Red pepper flakes, a pinch	1 ea.
Rosemary, minced	1 Tbsp.
Lemon zest	1 Tbsp.
Garlic clove, minced	1 ea.
<i>Alfredo Sauce</i>	
Extra virgin olive oil	¼ cup
Garlic, sliced	2 Tbsp.
White beans, canned, drained, rinsed 15 oz can	1 ea.
Potato, russet, peeled, sliced	1 oz.
Water or white vegetable stock	½ cup
Nutritional yeast	6 Tbsp.
Lemon juice	1 Tbsp.
Vegan pasta	1 lb.
Basil, chopped	1 Tbsp.
Peas, blanched	1 cup
Micro basil	as needed
Lemon zest	1 tsp.

Method

1. Heat a sauté pan over medium low heat. Add the oil, walnuts and chile flakes. Cook over low heat, stirring often until the walnuts are toasted. Add the rosemary and garlic. Let cook for 30 seconds then remove from the heat. Stir in lemon zest. Set aside.
2. Heat a saucepot over medium low heat. Add the extra virgin olive oil and garlic. Cook over low heat until the garlic is translucent, soft and just starting to brown. Add the beans, potatoes, and vegetable stock and cook for 10 - 15 minutes or until the potatoes are cooked through and tender.
3. Blend the bean mixture until smooth. Add the nutritional yeast, lemon juice, and 4 tablespoons of the walnut lemon mixture. Blend until smooth. Adjust seasoning with salt and pepper. Adjust consistency with water if needed.
4. Meanwhile, cook the pasta in a pot of boiling lightly salted water according the manufacturer’s instructions. Reserve 1 cup of the cooking liquid.
5. Drain the pasta well. In a sauté pan, toss with the sauce, peas and basil. Adjust consistency with pasta water.

6. Place the pasta in a bowl garnish with the Rosemary Lemon Scented Walnuts and micro basil.

Source: As presented to The Culinary Institute of America and Northarvest Bean Growers
by Chef Toni Sakaguchi. 2020.