Karissa's Vegan Kitchen

VEGAN ONE-POT PASTA

- 1 pound linguine or pasta of choice
- 6 cups vegetable stock or water
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 10 ounces cherry tomatoes
- 2 cups spinach packed
- 1 tbsp lemon juice*
- ¼ cup vegan parmesan plus more for topping

- Add pasta, vegetable stock, garlic, basil, pepper, and salt to a large pan (preferably one wide enough that the pasta can lay flat in. If not, make sure to move and flip the pasta around frequently at the beginning until the pasta becomes pliable.)
- Bring to a boil on high heat. Boil for 9-10 minutes, or until the pasta is tender. This time will vary depending on what type of pasta you use. With about 3 minutes left, add the tomatoes. About halfway through, you may need to turn the heat down to medium if the liquid is sputtering a lot. Add more water or vegetable stock as needed.
- Turn off the heat. Stir in the spinach until wilted. Stir in the lemon juice, and vegan parmesan. Serve warm.

Note: Depending on many factors, your pasta may not be cooked through by the time all of the stock has absorbed. Add more stock or water if this happens. I usually start with an extra half cup.

*Editor's Note: The recipe calls for adding olive oil and 2 tsp lemon juice. I eliminated the olive oil and upped the lemon juice.

Substitutions

- Vegan parmesan: You can use storebought, make a homemade vegan parm (recipe follows), use nutritional yeast, or just omit this ingredient.
- Spinach: You can use kale or bok choy.
- Basil: If you don't have basil, any Italian seasoning is sufficient, such as oregano or thyme.

Variations

- Creamy pasta: Add a half cup of non-dairy milk or vegan cream cheese after the pasta is finished cooking for a creamy texture.
- Vegetables: Just about any vegetable will work in this pasta. Some ideas are cauliflower, carrots, zucchini, peas, broccoli, and asparagus. For veggies that take longer to cook, like carrots or broccoli, add them at the beginning.
- Spicy: For pasta with a kick, add some red chili flakes or cayenne pepper to taste.
- Protein: White beans or chickpeas are great additions. My favorite protein to add is baked tofu.

EASY CHEESY VEGAN PARMESAN

- 1/3 cup raw unsalted cashews
- 1.5 tbsp nutritional yeast
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp salt

Using a food processor or spice/coffee grinder, blend all ingredients together into a powder. Store in the fridge for up to 3 weeks.

This recipe was inspired by and adapted from many other vegan parmesan cheese recipes.Long live the person who discovered the cashew + nutritional yeast combination!



Karissa of **Karissa's Vegan Kitchen** has been vegan since 2016 and wants to help others to be vegan. Karissa sometimes uses oil and processed foods as ingredients, but there are many WFPB recipes and others can be adapted.

KARISSA'S vegan KITCHEN