



KitchenBooQ

Frugal -Chickpea Alfredo with Spring Veggies



Serving: 6



Cook Time: 35 mins



Level: Moderate



INGREDIENTS

- 1 cup unsalted raw cashews
- Boiling water
- 12 ounce dried whole grain or brown rice fettuccine
- 1 cup chopped fresh asparagus
- 2 cup lightly packed fresh spinach or arugula
- ½ cup frozen peas, slightly thawed
- 1 ¼ cup water
- ¼ cup garbanzo bean (chickpea) flour
- 1 tablespoon lemon juice
- 2 teaspoon olive oil
- 2 cloves garlic, minced
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoon snipped fresh basil and/or parsley (optional)
- Shaved Parmesan cheese (optional)

PREPARATION

1. In a small bowl combine cashews and enough boiling water to cover. Let stand, covered, 20 minutes; drain. Rinse and drain again. Meanwhile, cook pasta according to package directions, adding asparagus the last 3 minutes and spinach and peas the last 1 minute; drain.
2. In a small saucepan whisk together 1 1/4 cups water and flour until smooth (mixture may be a bit foamy). Cook and stir over medium heat just until bubbly.
3. For sauce, in a blender combine soaked cashews, flour mixture, and next five ingredients (through pepper). Cover and pulse several times, then blend 5 minutes or until smooth. If desired, stir in basil and/or parsley.
4. Transfer pasta mixture to a serving dish. Drizzle with sauce; toss to coat. Sprinkle with additional black pepper and, if desired, cheese.