

Veggie Veg Linguini Alfredo

By Chef Marvin Woods

Ingredients:

- 4 tablespoons vegan butter or olive oil
- 3 garlic cloves, finely minced ¼ cup white wine (optional)
- ¾ cup cashew milk or non-dairy, unsweetened milk (rice, oat, almond)
- ¼ cup water
- 2 tablespoons cornstarch
- 2 tablespoons nutritional yeast or Reggiano parmesan cheese
- 2-4 zucchini (2 lbs.) spiraled
- 6 leaves basil, cut into strips

Instructions:

Place medium stock pot on the stove with 2 Tablespoons of olive oil or butter or moderate heat. Add garlic and cook for 2 to 3 minutes, stirring as necessary. Add wine and reduce until almost gone. Add milk and bring to a boil. Lower heat. Add corn starch to water and mix together until the corn starch has dissolved.

Whisk in the corn starch water and let simmer for 10 minutes. Check for seasoning and set aside.

Place sauté pan on the stove with remaining 2 Tablespoons of butter or oil over moderate heat. Add zucchini to pan and cook for 6 to 8 minutes or until tender. Pour off excess liquid and add sauce to the pan. Add yeast or cheese and basil. Check seasoning and serve.

Serves: 4