

Cheesy Edamame & Parsley Pasta

🛒 8 ingredients ⌚ 15 minutes 🍴 4 servings

Directions

1. Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
2. Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
3. In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

- No Edamame** Use frozen peas or any leftover veggies.
- Meat Lover** Replace edamame with cooked chicken breast or shrimp.
- Make it Spicy** Garnish with red pepper flakes.

Ingredients

- **2 cups** Brown Rice Spaghetti (cooked)
- **1/2 cup** Cashews
- **2 tbsps** Nutritional Yeast
- **1/2 tsp** Garlic Powder
- **1/2 tsp** Sea Salt
- **1 1/2 cups** Frozen Edamame (thawed)
- **2 cups** Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)