

Creative Cooking

DR. HELEN STODDART DDCC000026

SEASON 3 EPISODE 2 PASTA NIGHT!



PASTA ARRABIATA

INGREDIENTS

- 1 lb of your favorite gluten-free pasta
- ¼ cup hot water and ¼ of Not Chick'n bouillon cube
- 6 garlic cloves, minced
- 5 large organic vine tomatoes, diced (roughly 2 lbs)
- 1 tsp red pepper flakes
- 1 tsp smoked paprika
- ¼ tsp dried basil
- ¾ tsp salt, or more to taste
- a few fresh basil leaves for garnish
- handful parsley, finely chopped, for garnish

INSTRUCTIONS

Pour a ¼ cup of water in your pot, add ¼ cube of Not Chick'n bouillon cube and crush it a little bit. Add garlic and cook on medium heat for 1-2 minutes.

Add tomatoes and increase the temperature to medium-high until the mixture starts to boil. Add red pepper flakes, smoked paprika, dried basil, and salt to taste.

In a separate pot, cook pasta al dente according to package instructions. Rinse and set aside.

At 15 minutes, mash tomatoes and continue cooking.

After about 20 minutes of cooking the tomatoes, add the parsley and simmer for 2 minutes.

Combine pasta and tomatoes mixture. Add basil. Garnish with fresh parsley and basil, and serve.

SPICY TUSCAN PASTA

INGREDIENTS

- 1 lb of your favorite gluten-free pasta
- 3 cloves minced garlic
- ¼ cup water
- 1 package of sun-dried tomatoes, oil-free, soaked in hot water 10 minutes
- 3 cups **Cashew Cream** (next page)
- ¼ cup nutritional yeast flakes
- 1 tsp Italian seasoning
- ¼ tsp dried basil
- 1 small clamshell package of organic spinach
- ½ tsp salt
- garnish with fresh basil

INSTRUCTIONS

Cook pasta al dente according to package instructions. Rinse and set aside.

In a large skillet, water sauté the garlic for about 1-2 minutes until fragrant, stirring frequently.

Add sun-dried tomatoes and continue to sauté, mixing well with the garlic.

Add Cashew Cream, nutritional yeast flakes, Italian seasoning, dried basil, salt. Stir well and simmer.

Add spinach and allow to wilt. Stir in your favorite pasta. Garnish with fresh basil. Enjoy!

Creative Cooking

DR. HELEN STODDART DDCC000026

SEASON 3 EPISODE 2 PASTA NIGHT!



CASHEW CREAM

INGREDIENTS

- 1 ½ cups soaked cashews
- 3 cups hot water
- 2 garlic cloves
- ¼ tsp salt
- 1 tsp crushed red pepper (optional)

INSTRUCTIONS

Add all ingredients to a high-speed blender and blend until smooth.

For thicker, spreadable consistency, use half of the water. Use in place of mayonnaise in savory dishes.

SPINACH PESTO PASTA

INGREDIENTS

- 1 lb of your favorite gluten-free pasta
- 1 cup fresh organic spinach
- 2 cups fresh basil
- ¼ cup pine nuts or cashews
- 2 cloves garlic
- 2 tsp lemon juice (juice of ½-1 lemon)
- ¼ tsp salt
- ¼ cup nutritional yeast flakes

INSTRUCTIONS

Cook pasta al dente according to package instructions. Rinse and set aside.

Place the spinach, basil, pine nuts, garlic, lemon juice, and salt in a food processor and pulse until pureed into a smooth consistency.

Add nutritional yeast and blend until smooth.

Top pasta with desired amount of spinach pesto.