



Recipe of the Week:

Vegan Alferdo Spaghetti

Makes 1-2 servings

- ½ of Zucchini diced
- ½ of yellow squash diced
- 1 small purple onion diced
- ¼ cup of Vegan Rice Cheese
- ½ of Sun-dried Tomato Tofurky Sausage
- 1/3 cup of Vegenaise
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- Fresh Thyme, Rosemary, or Mint to taste
- Salt and pepper, garlic powder, to taste
- Cherry Tomatoes (optional)



Directions:

1. In a saucepan, heat the Vegenaise and Olive Oil for 5 minutes while slowly adding cheese, until the sauce is silky smooth. Then set aside off of the heat.
2. In a skillet, combine all chopped vegetables and Tofurky sausage into skillet with a little bit of canola oil. Add fresh thyme, mint, or rosemary, garlic powder, salt and pepper and mix thoroughly. Sauté for about 5 minutes.
3. Pour vegetables into the saucepan, and reheat the sauce for 2 minutes.
4. Pour the sauce over spaghetti squash or over whole-wheat spaghetti noodles. Top with vegan cheese and/or diced cherry tomatoes.