



Roasted Garlic Pumpkin Pasta with Crispy Sage { dairy free, gluten free, vegetarian }

Recipe serves 4 (makes about 4 cups of sauce served on 1lb of pasta)

INGREDIENTS

For the sauce:

- 3/4 C raw unsalted cashews (optional soak 3-4 hours - see Method)
- 1/2 head of garlic
- 1 medium pumpkin (or 2 cups of roasted pumpkin puree)
- 1 1/2 C chicken broth, [homemade](#) or high-quality low or no sodium store-bought
- 1 C unsweetened almond milk
- 3 tbsp arrowroot starch
- 1/2 C nutritional yeast
- 2 tsp kosher salt
- 1/4 tsp black pepper

For serving:

- 8-10 fresh sage leaves
- Ghee or coconut oil for frying sage leaves
- 1lb dry chickpea pasta or any pasta of your choice

METHOD

Optional step - soak the cashews in about 1.5 cups of tap water with a pinch of salt for 3 to 4 hours. Drain and rinse thoroughly. In general, I prefer to soak nuts prior to using as it removes enzyme inhibitors making them easier to digest and absorb. It also makes them easier to blend smooth in



particularly for those who don't have a high-powered blender. However, if you don't have time, you may skip this step and simply use the raw cashews dry.

Preheat the oven to 400f. Cut the pumpkin down the middle lengthwise or if it is large, cut it again to get 4 quarters. Leave the seeds and pulp for now, it's much easier to scoop out after roasting. Sprinkling with salt and place cut-side down on a parchment-lined baking sheet. I never use any oil if I'm using parchment - no sticking yay!

Take the head of garlic and break it into two halves with your hands. We are using half a head only in this recipe - I find an entire head is a bit overpowering. Lop off the top bit of garlic with a knife so that the inside is exposed - this will make it easy to squeeze out later. Wrap the half head of garlic up in aluminum foil and place it on the baking sheet with the pumpkin. Roast everything in the 400f oven for 45 minutes or until the pumpkin edges are nicely browned and the flesh can be scooped easily with a metal spoon, and the garlic is soft and easy to squish out.

Meanwhile, heat ghee or oil in a small skillet over medium-high heat. Once hot, carefully lay sage leaves in the oil and fry until crispy, about 3-5 seconds. Drain on paper towel and sprinkle with coarse salt.

Once the pumpkin and garlic are done, scoop the seeds and pulp out of the pumpkin and discard. Scoop pumpkin flesh into a blender. Puree until smooth and measure 2 cups of it to remain in the blender for the sauce. Reserve the remainder pumpkin puree, if any, for another use. (Tip: I freeze extra pumpkin puree and pull it out for soups and sauces on a whim!)

Squeeze the garlic out of its skin directly into the blender (discard the skin).

Add the soaked and well drained cashews (or dry cashews if you skipped the soaking step), chicken broth, unsweetened almond milk, arrowroot starch, nutritional yeast, salt and pepper into the blender as well. Blend until smooth.

If you have a Vitamix like me, you can use the "soup" function for this step which will heat the sauce up to serving temperature. Otherwise, no worries, just pour the sauce into a pot and *gently* bring it to a simmer. But do NOT overboil or the sauce will thicken too much and the arrowroot starch may cause it to seize up a bit. If this does happen though, add more broth or almond milk and whisk to thin out again.

Serve the sauce over cooked pasta of your choice. Garnish with crispy sage (you can break them up over the pasta with your hand and sprinkle it all over).

Enjoy! xx



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