



Turmeric and Parsnip Mac and Cheese Bowl with Bread Crumb Topping

It looks and tastes like a classic American mac and cheese, but with a fraction of the fat and no actual cheese! Pureed parsnips, turmeric and “nootch” (aka nutritional yeast) blend into the half-and-half for texture, flavor and color. Try it with cashew milk or cream for a fully vegan option.

Instructions

Bring a large pot of water to a boil.

In a medium pot, sauté onion and turmeric in olive oil for 3-4 minutes until slightly opaque. Add the parsnips and half and half then bring to a simmer and cook until tender; season with salt and white pepper. When the parsnips are cooked, add the nutritional yeast and puree until smooth.

In a small bowl, combine the panko, parsley, garlic powder and paprika, then place into a large skillet with olive oil. Toast for 2 minutes or until slightly browned.

Cook the pasta according to package directions, drain 1 minute under required cooking time and toss with the sauce.

Portion pasta into bowls then top with bread crumbs.

Ingredients

3 lbs Barilla® Cellentani

3 cups diced parsnips

6 tbsp extra virgin olive oil

3 ea medium onions

3 tbsp tumeric

6 cups half and half

3 tbsp nutritional yeast

Ingredients for the bread crumbs:

3 tbsp extra virgin olive oil

$\frac{3}{4}$ cup panko

1 tbsp flat leaf parsley

1 tbsp garlic powder

1 tbsp paprika

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 156g

Servings Per Container 24

Amount Per Serving

Calories 350

Calories from Fat 108

% Daily Value*

Total Fat 12gg	18%
Saturated Fat 5gg	25%
Trans Fat 0gg	
Cholesterol 20mgmg	7%
Sodium 45mgmg	2%
Total Carbohydrate 51gg	17%
Dietary Fiber 3gg	12%
Sugars 6gg	
Protein 10gg	20%

Vitamin A %

Vitamin C %

Calcium %

Iron 2mg%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.