

CASHEW PIMENTO CASSEROLE

Cook 12oz to 16 oz of pasta, drained
Add the following sauce

Variation: add some steamed cooked veges
Such as broccoli, peas, onion, carrots, red
Peppers, green peppers, zucchini

WHIZ IN BLENDER UNTIL SMOOTH SAUCE

1 cup raw cashews
1 cup water
1/3 cup fresh lemon juice
2 tbsp sesame seeds
4 tbsp nutritional yeast flakes
2 tsp salt or to taste
1/3 cup olive oil
1 tsp onion powder
1/4 tsp celery seed
1 tsp garlic powder
1 tbsp bakon seasoning
1/8 tsp cayenne pepper
1 4oz jar pimentos

Mix together, bake at 350F for 30-40 minutes until firm
Serve with beans and a tossed salad for a complete meal