

# Vegan Cheesy Pasta w/ Kale

8 oz Whole Wheat Spaghetti	2 Cloves Garlic, minced
1 C. Almond Milk, unsweetened (cold)	½ tsp. Onion Powder
1-2 Tbsp. Cornstarch	Freshly cracked pepper
1 tsp. Salt	1 Bunch of Kale, cleaned, stemmed & chopped into bite size pieces
¼ C. Nutritional Yeast	1 tsp. Olive Oil
1 tsp. Lemon juice	

Cook spaghetti as it's package indicates. While the pasta is cooking, add the cold almond milk and cornstarch in a saucepan. Heat up on the stove until thickened. Mix in the rest of the sauce ingredients, and set aside. Heat up a skillet, and add in olive oil and kale. Cook until kale is just wilted. Mix the sauce and kale in with the spaghetti, and enjoy!

Serves 4

## Nutrition Information:

Calories:	265	Carbohydrates:	13.1g
Fat:	3.1g	Fiber:	6.4g
Cholesterol:	0g	Sugars:	1.7g
Sodium:	279.8g	Protein:	11.2g

