Zoodles with Creamy Cashew-Chick Pea 'Alfredo' (Vegan)
Soft Solid Diet

Zoodles

Ingredients:

1 zucchini, ends trimmed

Cashew-Chick Pea Sauce

Ingredients:

2 Tbsp extra-virgin olive oil

1 Vidalia sweet onion, peeled, sliced

3 cloves garlic, sliced

Salt and pepper to taste

½ cup raw cashews

¾ cup warm water

¼ cup lemon juice

¼ cup nutritional yeast

1 15-oz. can of chick peas, drained and rinsed

Soft solid stage friendly reminder:

- Average "meal" size can be between 1/3 cup – 1/2 cup of food at a time.
- Practice your mindful eating habits by taking small bites, eating slowly and chewing each bite of food thoroughly.
- During your first week on soft solid foods, feel free to peel the skin off from the zucchini for an extra soft meal. Increase the texture of the foods slowly and as tolerated.

Method of Preparation:

1. To prepare the zucchini. Use a vegetable peeler and peel the zucchini lengthwise all the way around. Continue peeling the flesh of the zucchini away until you get down to the core (seed area). Set the zoodles aside in a bowl.
2. Heat olive oil in a medium size skillet over medium heat. Add the onions and garlic, season with salt and pepper and cook about 5 minutes, until soft and translucent.
3. When the onions are cooked, move them to the blender (keep the sauté pan; we will use it again to cook zoodles). Add the cashews, water, lemon juice, yeast and chickpeas, season with salt and pepper. Blend until smooth and creamy.
4. While the blender is going, replace sauté pan on the burner over medium heat. Add the zoodles and cook until soft.
5. Remove zoodles from pan with tongs and place in mixing bowl. Ladle sauce over the zoodles and use tongs to toss together. Feel free to use as much/little sauce as you want, remember it is very high in protein so no need to be afraid of it!

**this recipe makes more sauce then you will need, store in a glass container in the refrigerator up to 1 week or in the freezer up to 6 months.