

Baked Penne Florentine

By Mary McDougall

This is a delicious baked pasta dish that our grandson, Jaysen, really likes. I serve it to him the way it comes out of the oven, but I like to top mine with a bit of Sriracha hot sauce for a little kick.

Serves: 6-8

Prep Time: 30 min

Cook Time: 45 min



Ingredients

8 Ounces Uncooked penne pasta

10 Ounce Package Frozen chopped spinach, thawed and squeezed dry

1/4 Cup Vegetable broth

1 Onion, chopped

1/2 Cup Raw cashews

1 3/4 Cups Water

15 Ounce Can White beans, drained and rinsed

1 Tbsp Soy sauce (optional)

1 Tbsp White miso

2 Tsp Lemon juice

1/4 Tsp Dry mustard

1/4 Tsp Cayenne

1/2 Cup Whole wheat bread crumbs

Directions

- 1 Drop the pasta into a pot of boiling water and cook until just barely tender, about 6 minutes. Drain, place in a bowl and add the spinach. Mix very well. Set aside.
- 2 Preheat oven to 350 degrees.
- 3 Place the onion and the vegetable broth in a medium non-stick frying pan. Cook, stirring occasionally until onion has softened, about 5 minutes. Set aside.
- 4 Place the cashews in a food processor and process until finely ground. Add half of the water and blend until smooth. Add the remaining water, the cooked onion, beans, soy sauce, miso, lemon juice, mustard and cayenne. Process until very smooth. Pour this over the pasta and spinach and mix well. Transfer to a covered casserole dish. Sprinkle with bread crumbs. Cover and bake for 45 minutes. Let rest for 5 minutes before serving.

Hint: This may be prepared ahead and refrigerated until baking time. Add about 15 minutes to the baking time.