

## Mock Mac and Cheese

Makes 6 Servings

*The Silver Chef Cookbook*  
Vegetarian and Gluten Free

*This dish might look like traditional mac and cheese. It also has some what of a cheesy flavor. However, it is completely dairy free. It gets it's creaminess from a sauce made entirely from vegetables, and it's nutty cheese-like flavor from nutritional yeast. It is a delicious alternative for those who are dairy free.*



**1 pound small pasta shells, slightly undercooked and drained**  
**1 cup sweet potatoes, peeled and cut in 1" cubes**  
**2 cups yukon gold potatoes, peeled and cut in 1" cubes**  
**1 cup carrot sticks, diced**  
**1 cup onions, chopped**

**2/3 cup nutritional yeast**  
**2 teaspoons garlic powder, or to taste**  
**3 tablespoons olive oil**  
**salt and freshly ground black pepper, to taste**  
**1 1/3 cups panko crumbs, or gluten free panko**  
**Hungarian paprika, to garnish**

1. Boil potatoes, carrots, and onion in a large pan of salted water until fork tender. Drain but reserve 1 1/2 cups of liquid.
2. Place vegetables, yeast, garlic powder, olive oil, salt and pepper, and reserved water in a blender until smooth.
3. Cook pasta, regular or gluten free, in salted boiling water until slightly less than al dente and drain. It will finish cooking when baked.
4. Pour pureed vegetable sauce over shells and mix.
4. Place in a casserole dish that has been buttered and dusted with 1/3 cup panko.
5. Sprinkle with Panko and paprika.
6. Bake in a 375°F oven for 20-25 minutes until panko is browned.

NOTE: For a pescatarian version, stir in 2 steamed lobster tails cut into chunks or 1 large can of drained white albacore tuna before baking.