

Clean Eating with Shakthi

Vegan Sweet Potato Mac 'N' Cheese

Servings 4-6

Ingredients:

For the Almond Parmesan Topping

- ½ cup sliced almonds
- ½ teaspoon kosher salt

For the Mac 'N' Cheese

- 2 teaspoons sea salt
- 1lb whole wheat or gluten-free macaroni
- ½ cup Almond gluten-free flour
- 3 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lime juice
- 2 teaspoons chopped fresh rosemary

NUTRITIONAL INFORMATION:

Calories per serving (based on 6, using almond milk): 450

| | % Daily Values* |
|--------------------------|-----------------|
| Total Fat: 10g | 15% |
| Saturated Fat: 1g | 5% |
| Cholesterol: 0mg | 0% |
| Sodium: 850mg | 35% |
| Total Carbohydrates: 77g | 26% |
| Dietary Fiber: 4g | 16% |
| Sugar: 6g | |
| Protein: 12g | |

Instructions:

Almond Parmesan topping:

Preheat the oven to 350 degrees. Line baking sheet with aluminum foil.

Spread sliced almonds on baking sheet, toast for about 5 minutes or until lightly golden brown.

Immediately transfer to a food processor and add the salt; process until finely ground.

Yield approx. ½ cup, enough for 15 servings

Mac 'N' Cheese:

Bring a large pot of water to a boil over medium-high heat.

Add a pinch of salt, then add macaroni cook according to instructions, then rinse with cold water and drain.

Whisk together the oil and flour in a medium saucepan over medium heat; cook for 3 – 5 minutes, then whisk in the mashed sweet potato, almond milk, 2 teaspoons of sea salt, garlic, mustard and lime juice.

When the mixture begins to bubble, reduce heat to low; cook until the sauce thickens, whisking as needed until smooth.

Add the sauce and rosemary (to taste) to the pasta and toss to coat.

Taste and adjust the seasoning, as needed.

Top each portion with a tablespoon of the almond parmesan topping. Serve warm.

What Do You Mean Eat Clean?

The Basic Principles of Clean Eating:

- **Eat Whole Foods:** Whole foods are foods that have not been tampered with, in the lab or the manufacturing plant. The foods you eat are straight from the farm – whole fruits and vegetables, whole grains, grass-fed and free-range meats and low fat dairy products.
- **Avoid Processed Foods:** Processed foods are any food that has a label. A label means that more than one ingredient was used to make that food. You don't have to eliminate all processed foods (like whole grains), but if you can't pronounce an ingredient on a label, don't put that food in your shopping basket.
- **Eliminate refined sugar:** Refined sugar products contain nothing but calories. Other sweeteners can be used, but with all the good foods you add to your diet, refined sugar really has very little place.
- **Cook your own Meals:** Instead of buying meals in a box, cook meals from scratch. That not as hard as it sounds – Clean, whole foods need little preparation beyond chopping and sautéing to make satisfying and delicious meals your whole family will love.

The Benefits of Clean Eating:

What you eat really does have an effect on how you feel. Eating whole foods and avoiding junk food – a clean eating lifestyle – can keep you healthy or help you regain your health if you haven't been well.

- Eating a good variety of foods ensures you get adequate amounts of most essential nutrients.
- Relying on whole foods is the best way to get a good combination of micronutrients.
- Whole foods keep you satisfied longer so you're less tempted by junk food.

Look for more tips and recipes on www.RaoWellness.com

<http://www.dummies.com/food-drink/special-diets/eating-clean-for-dummies-cheat-sheet/>

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