

How to Prepare a Healthy Version to a Classic: Vegan Mac 'N Cheese

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Vegan Mac 'N Cheese



Macaroni and Cheese is a classic childhood favorite that is easy to make, but also contains lots of fat and cholesterol. In this [video recipe](#), Katherine Lawrence of plantbasedhealth.com provides a healthy update to this perennial classic that not only reduces or eliminates many of the unhealthy aspects of the original, but also makes it possible for people with food allergies and special dietary needs to enjoy it.

Start out with 4 cups of dry pasta. In the [video](#), Katherine uses quinoa shell pasta, but based on your preference any type of pasta from elbows, to fusilli, to penne from any source – flour, rice, etc. – will do. While the pasta cooks, you can make your sauce in the Saladmaster 1½ Qt./1.4 L. Sauce Pan or 8.6" Small Skillet. You will need a non-dairy unflavored milk, and again you can use your favorite type whether it be soy, almond, or lactose free. Add your vegetable broth, nutritional yeast flakes, salt, dried mustard, black pepper, paprika, garlic powder and turmeric and bring to a simmer on medium-high heat. Once the sauce is hot and bubbling, whisk in your flour, and bring to a simmer again.

As soon as your sauce is thick and creamy, simply stir in the pasta and serve. Mac and No Cheese is a classic comfort food that is fast and easy to make. You can customize it to fit your specific dietary requirement, so feel free to experiment with different shapes of pasta and herbs and spices for flavor. You can find the full recipe [here](#).

What variations would you make to this recipe? Share your thoughts by commenting below.

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