

McDougall Made Irresistible Recipes

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www.drmcDougall.com.

Baked Penne Florentine

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.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6-8

8 ounces uncooked penne pasta
10 ounce package frozen chopped spinach, thawed and squeezed dry
¼ cup vegetable broth
1 onion, chopped
½ cup raw cashews
1 ¾ cups water
1 15 ounce can white beans, drained and rinsed
1 tablespoon soy sauce
1 tablespoon white miso
2 teaspoons lemon juice
¼ teaspoon dry mustard
¼ teaspoon cayenne
½ cup whole wheat bread crumbs

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.

Preheat oven to 350 degrees.

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.

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. Whole wheat bread crumbs may sometimes be found in a jar at your natural food store, otherwise you can easily make your own by placing a slice or two of whole wheat bread in your food processor and processing briefly until crumbly.