

That's what I'm talking about

**HAMILTON**  
relay



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*Take opportunities when given. The rewards outweigh the risks when it comes to personal growth, understanding and compassion towards all beings.*

That's what I'm talking about



## Ingredients:

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*1 bunch asparagus, trimmed and washed*

*Sea salt and black pepper*

*2 lemons*

*3 1/2 Tbsp olive oil*

*3-4 large cloves garlic, minced*

*10 ounces bow tie pasta*

*2 1/2 cups unsweetened plain almond milk*

*3-4 Tbsp all-purpose flour*

*1-2 Tbsp nutritional yeast*

## Creamy Vegan Lemon Asparagus Pasta

## Directions:

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1. Preheat oven to 400 degrees. Place asparagus on a baking sheet and toss with 1/2 Tbsp olive oil and a pinch of salt and pepper. Top with slices of lemon and bake for 20-25 minutes. Remove from oven and chop into thirds.
2. In the meantime, bring a pot of water to boil and salt generously.
3. Bring a large skillet to medium heat. Once hot, add 3 Tbsp olive oil and garlic. Whisk and continue cooking until garlic is just starting to brown.
4. Whisk in flour, then slowly whisk in almond milk. Add a pinch of salt and pepper and whisk. Lower heat and continue cooking to thicken, stirring occasionally.
5. Add pasta to boiling water and cook according to instructions. Drain and set aside.
6. Pour sauce, nutritional yeast and pinch of salt and pepper in blender. Blend until smooth. Add back to pan and continue cooking over medium heat to thicken.
7. Once sauce has reached desired thickness, add the juice of half a lemon and stir.
8. Add 3/4 of the asparagus and the cooked pasta to the sauce. Toss to coat.
9. Pour into serving platter and top with remaining asparagus. Serve with lemon wedges and vegan parmesan cheese.