



Sweet Potato Mac and Cheese

Sweet potatoes make a surprisingly smooth and creamy sauce for one of America's favorite dishes. Of course, our version isn't just delicious; it's also **as healthy as it can be!** Enjoy this vegan Mac and Cheese for lunch, dinner, or an afternoon snack.

From *The Forks Over Knives Plan*

<https://www.youtube.com/watch?v=ow-ZMrD3lWQ>

By Del Sroufe

Serves 6
Cook Time: 45 minutes

INGREDIENTS:

1 14-ounce package dried whole grain macaroni

1 large sweet potato (12 ounces), peeled and chopped

1 cup chopped onion

½ cup unsweetened plant-based milk, such as almond, soy, coconut, or rice

½ cup nutritional yeast

2 cloves garlic, minced

½ teaspoon grated whole nutmeg

½ teaspoon dried rosemary, crushed

Sea salt, to taste

Freshly ground black pepper, to taste

- 1 Preheat oven to 425°F. In a large pot cook macaroni according to package directions; drain. Transfer macaroni to a large bowl.
- 2 Meanwhile, in a medium saucepan cook sweet potato, covered, in enough boiling water to cover 8 to 10 minutes or until tender; drain.
- 3 For sauce, in a blender or food processor combine sweet potato and onion. Cover and blend or process until smooth, adding enough of the milk to reach a creamy consistency. Add nutritional yeast, garlic, nutmeg, and rosemary. Cover and blend or process just until combined. Season with salt and pepper.
- 4 Pour sauce over cooked macaroni; stir to coat. Transfer to a 2-qt. square baking dish. Bake 15 minutes or until top starts to brown.