



CHICKPEA SPAGHETTI CACIO E PEPE WITH CARMELIZED ONIONS

SERVES: Makes 2 SERVINGS

PREP & COOK TIME: 30 MINUTES

Courtesy of: "You've Got Good Taste" winner, Jill G. of
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INGREDIENTS

- 1 jar (14 ounces) Aunt Nellie's Holland-Style Onions
- 2 tablespoons sea salt (or as desired)
- 9 ounces chickpea spaghetti
- 2 tablespoons olive oil
- 1 teaspoon nutritional yeast flakes
- 1 ½ cups vegan style, plant-based grated Parmesan cheese (divided)
- 2 cups pasta water
- 1 tablespoon fresh ground black pepper
- ½ teaspoon granulated garlic powder

INSTRUCTIONS

1. Drain onions; pat dry. Set aside.
2. Fill a 5 quart pot $\frac{3}{4}$ full with water. Add sea salt as desired to the pot. Cover and bring to a boil. Once the water comes to a boil, add pasta; cook according to package instructions for al dente.
3. While the pasta is being prepared, heat a medium non-stick saute pan to medium high. Add the oil to the pan. Once the oil is heated, add the Holland-Style Onions. Add reserved pinch of sea salt and stir often until the onions have caramelized, about 7-8 minutes. Sprinkle nutritional yeast over the onions; stir and combine well. Remove onions from pan; set aside. Wipe the pan well with a paper towel to remove any caramelized onion residue.
4. Reserve 2 cups of pasta water, before draining. Drain cooked pasta.
5. Ladle about $\frac{3}{4}$ cup pasta water into a saucepan over medium heat.
6. Add half of grated Parmesan to the pasta water, stirring continuously until the cheese has melted. Stir in small amounts of pasta water to thin out the sauce as needed, about 3-4 minutes.
7. Add ground pepper and garlic powder to the cheese sauce; stir to combine well.
8. Add pasta and onions to the pan. Toss to coat evenly with sauce.
9. Divide pasta between pasta bowls or shallow soup bowls. Sprinkle each with remaining grated cheese and extra pepper, if desired.

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