

Lemony Linguine

A simple pasta is always a firm favourite for the hungry but busy. These "little tongues" have the ability to soak up any flavour you throw at them. Here's how to make it:



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Ingredients:

- Two tablespoons vegan margarine, plus four tablespoons for tossing the pasta
- ½ cup dried breadcrumbs
- ⅓ cup egg replacer
- ½ cup soy milk

- ½ cup almond or walnut Parmesan
- Zest of one lemon and juice of ½ lemon (plus more juice to taste)
- One teaspoon salt (reduce or omit for low-sodium diets)
- Freshly ground white pepper
- 450g linguine
- Two tablespoons minced fresh parsley

Instructions:

1. In a small skillet over medium heat, melt the margarine and stir in the breadcrumbs. Stir until toasted. Set aside.
2. Bring a large pot of salted water to a boil. In a bowl, with a fork, blend the egg replacer with the soy milk, faux Parmesan, lemon zest and juice, salt, and pepper. Taste the sauce and if you want it more lemony, add more juice.
3. Cook the pasta according to the package directions. When the pasta is just al dente, remove it from the heat.
4. Reserve about one cup of the cooking liquid, drain the pasta and return it to the pot.
5. Toss in the remaining four tablespoons of margarine (for a lower-fat dish, use only two tablespoons to toss) and stir and swirl until all the pasta is coated.
6. Stir in the egg replacer/parmesan/soy milk/lemon mixture and turn the pasta in it, adding a few tablespoons of the cooking liquid if it looks a bit dry.
7. Place in serving bowls and sprinkle with parsley and the buttered bread crumbs.

(Serves 4)

From the book The Cheesy Vegan by John Schlimm.

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