

Foodnity Recipes

Creamy Vegan Caramelized Onion Pasta

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-grain linguine or fettuccine
- [ ] 2 large yellow onions, thinly sliced
- [ ] 1 cup raw cashews, soaked
- [ ] 1 cup unsweetened oat milk
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp nutritional yeast
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil or parsley, chopped

Optional Add-Ons

- [ ] 1 cup roasted cherry tomatoes
- [ ] ½ cup toasted pine nuts
- [ ] Grilled tofu or tempeh cubes

Instructions

1. Drain the soaked cashews and place them in a blender with oat milk, nutritional yeast, and lemon juice; blend until ultra-smooth, adding a splash of water if needed.
2. Heat olive oil in a large skillet over medium-low heat, add the sliced onions, and sprinkle a pinch of salt; cook slowly, stirring occasionally, until they turn deep golden, about 15-20 minutes.
3. Add minced garlic to the caramelized onions and sauté for another minute, then pour in the cashew cream, stirring to combine; let the sauce simmer gently, thickening for 3-4 minutes.
4. Meanwhile, cook the pasta in salted boiling water until al dente; reserve ½ cup of pasta water, then drain.
5. Toss the cooked pasta into the skillet with the sauce, adding reserved pasta water as needed to achieve a glossy coating; season with salt, pepper, and extra lemon juice if desired.
6. Finish with fresh herbs, optional roasted tomatoes or pine nuts, and serve immediately, savoring the warm caramel aroma.

Nutrition per serving

420 kcal	12 g	55 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, thin it with a little more oat milk or pasta water.
- For a deeper flavor, add a pinch of smoked paprika during the onion cooking stage.
- Feel free to customize with seasonal vegetables or plant-based proteins.