

# Real Men Eat Green | Where manliness meets greenliness.

## Smack and Cheeze

*Behold! A vegan mac and cheese dish and will satisfy even the most discriminating devotees of the more traditional, blue and yellow boxed version. The best part? It's nearly just as quick to whip up and packs a satisfying cheesy, rich flavour, sans dairy. Save the old box for a rainy day, or when your dinner options are limited to KD or the condiments in the back of your fridge.*

*Wondering what the heck is nutritional yeast? It's a deactivated yeast (similar to Brewer's yeast) that comes in flakes and is high in B vitamins. It has an awesomely, rich cheese-like taste and texture when combined with other foods like pasta or even popcorn. You can find it in most natural, or health food stores. I like to use the "Red Star" brand.*

### **You'll need:**

1 lb of macaroni or rotini, but then it would be called "rot n' cheeze"

1 c soymilk  
2 cloves of garlic, minced  
2 tablespoons soy sauce (sodium-reduced)  
1/2 cup nutritional yeast flakes  
1 tablespoon of prepared mustard  
1 tablespoon corn starch  
1/4-1/2 teaspoon paprika  
1/3 cup of oil  
1 teaspoon of tumeric  
salt and pepper to taste

crushed crackers for topping

1. Preheat oven to 350F, if baking.
2. Cook your mac in boiling, salted water for 8 minutes or until al dante (Italian for "firm to the tooth).
3. Put everything else in a blender or food processor and until it's nice and saucy like.
4. Drain your noodles and put it in a bowl with the sauce, toss until each noodle is well coated.
5. Optional: Dish the smack and cheeze into ramekins or an over-proof dish, top with crushed crackers and/or pumpkin seeds. Bake for 15-20 minutes, or until the browned on top.