

A Fast-Friendly RECIPE from
ByziMom.com for November 13
St. John Chrysostom's

Golden Tongue Pasta



St. John Chrysostom was the Archbishop of Constantinople during the fourth century. Known best by us as the author of our Divine Liturgy, he was so eloquent that he earned the name "Chrysostom" which means "Golden Tongue".

We can think of this when we make this great commemorative spin on macaroni and cheese, a "Linguini" (it means "tongues" in Italian!) with a delicious golden sauce!

Ingredients

- 1 lb linguine pasta
- 2 medium sweet potatoes, cooked, peeled and diced
- 1 cup raw cashews (or use oats!)
- 1 cup water
- ½ cup nutritional yeast
- 1 tsp garlic powder
- 1 Tablespoon lemon juice or cider vinegar
- ½ tsp salt
- 1 Tbsp fresh sage or thyme

Preparation

1. Place a pot of salted water on to boil and prepare the pasta according to the directions.
2. Meanwhile, place the diced, cooked, and peeled sweet potatoes, cashews or oats, water, nutritional yeast, garlic, lemon juice, vinegar, and salt into a high-speed blender and blend until smooth.
3. Pour the sauce over the hot pasta, with half of the chopped herbs, stir to combine, garnish with the rest of the herbs and serve immediately.

Tips

This dish is also really delicious when served with greens like rappini or kale, and sauteed mushrooms.