

Avocado Cashew Cream with Zucchini Spirals

Yes, it IS another zucchini recipe. But honestly, I just could not help myself after experiencing a bowl of this deliciousness at Samsara in Cluj this past weekend. We can blame my obsessive nature on the fact that I could not get this dish off my mind. But trust me – you need to try this! Creating your own zucchini spirals is a snap with a kitchen tool of your choice, or head over to Whole Foods for a package from Cece's Veggie Co. However you decide to make the spirals just do it soon!

Sauce Ingredients

1 1/2 cups raw organic cashew pieces, soaked in warm water several hours or in cold water overnight and drained
1/2 to 1 cup water (more may be needed to reach desired consistency)
2 ripe avocados, pitted
1/4 cup nutritional yeast
1 tablespoon mellow white miso
Juice from 1 lemon or lime
A handful of fresh basil leaves
Salt and Freshly ground black pepper, to taste
12 ripe cherry tomatoes

Spirals

5 to 6 medium-size zucchini or summer squash, cut into spirals or peeled into strips

Directions

Place all ingredients, except zucchini and salt & pepper in a blender and puree until smooth – start with 1/2 cup water,

then add more to achieve desired consistency. Sauce should be creamy and thick, but pourable. Adjust seasonings as necessary.

To Serve

Place zucchini spirals in bowl, top with avocado cream and sliced cherry tomatoes. Toss well before eating. You may wish to offer a vegan nut based parmesan on the side.