**cearaskitchen.com**

## 15 MINUTE ONE POT HUMMUS PASTA

*15-Minute One Pot Hummus Pasta made in one pot with only 8 ingredients. Creamy, luscious, and super hearty, this healthy pasta dish has quickly become one of our go-to weeknight meals!*



- 1 box pasta
- 2 cups cherry tomatoes, cut in half
- 3 handfuls fresh spinach, lightly chopped
- 1/4 cup fresh basil, chopped
- 2 cloves fresh garlic, minced (optional, see note)
- 1 - 1½ cup pasta water
- 1 cup hummus (store-bought or homemade)
- 2 tbsp lemon juice
- 1/4 cup nutritional yeast (optional)
- Salt and pepper to taste

Garnishes:

- Hot sauce and chili flakes
- VEGAN PARMESAN CHEESE (recipe follows)
- Sautéed mushrooms or other veggies!

1. Bring a large pot of water to a boil. Add pasta and cook until al dente. Drain pasta and reserve 1½ cups of pasta water. While the pasta is cooking, chop the cherry tomatoes, fresh spinach, and basil.
2. Add the cherry tomatoes, garlic (optional – see note), and pasta water (start with one cup) to the same large pot where you cooked the pasta. Sauté for two minutes over medium-high heat until the cherry tomatoes start to burst.
3. Add hummus, lemon juice, spinach, and fresh basil to the pan. Sauté for one minute. The sauce will begin to thicken.
4. Stir in the pasta and nutritional yeast (optional). Add extra pasta water until you reached your desired consistency.
5. Add salt and pepper to taste. Garnish with hot sauce/chili flakes and vegan parmesan. Enjoy!

Notes:

Garlic: Taste test your hummus and add extra garlic if necessary. My homemade hummus has quite a lot of garlic already, so I skip this step.

Pasta Water: Adjust pasta water as necessary. My homemade hummus is thinner than store-bought hummus, so I use one cup of water.

Reheat: If you have any leftovers, add a splash of water and an extra scoop of hummus (and hot sauce!) when reheating.

More from Ceara:
This recipe is completely **nut-free** (unlike a lot of creamy, vegan recipes out there), ready in **under half an hour**, and **extremely versatile**. You can really switch out the veggies for whatever you have in the fridge, from fresh arugula to sun-dried tomatoes.

### VEGAN PARMESAN CHEESE

- 1/2 cup raw unsalted cashews, blanched almonds, or sunflower seeds
- 1/2 cup nutritional yeast
- 3 tbsp dried chopped onion
- 1/2 – 1 tbsp garlic powder
- 3/4 tsp sea salt [or less]
- 1/2 tbsp Herbes de Provence or Italian seasoning or basil (optional)

Blend in food processor until crumbly.