**Buffalo Chickpea Mac ’n’ Cheeze**

**Buffalo Chickpeas**

1 can (15 ounces or 425 g) chickpeas rinsed and drained  
¼ cup (60 ml) vegan buffalo sauce (Frank’s Red Hot Original) plus an additional 1-2 tablespoons

Pre-heat the oven to 375°F and line a baking sheet with parchment paper or silpat. Toss the chickpeas with the ¼ cup buffalo sauce until they are evenly coated and spread them out on the baking sheet. Bake for 12 minutes and then carefully roll them around with a spoon to get the other side crispy. Bake for an additional 12-15 minutes and then place them bake in the bowl and toss with the additional 1-2 tablespoons of buffalo sauce.

**Cheezy Cheddar Sauce**

1 cup raw cashew pieces (use ½ cup of cashews and ½ cup of white beans for an even healthier sauce)  
1 tablespoon apple cider vinegar  
1 cup water  
1 tablespoon tomato paste  
¾ cup nutritional yeast  
1 ½ teaspoons Dijon mustard  
1 tablespoon tapioca starch  
1 teaspoon sea salt  
2 teaspoons onion powder  
Pinch of ground turmeric

Pour boiling water over cashews and let soak for 30 minutes, or simmer cashews in water for 15 minutes. If you have an industrial blender such as a Vitamix, then you may skip this step. Add all ingredients into a blender and blend until smooth. Transfer to a saucepan over medium-low heat, bringing it to a low simmer, stirring frequently to constantly. Once thickened, (about 3-5 minutes) remove from heat.

**Irresistible Ranch Dressing**

1 cup raw cashews  
¾ cup water  
½ teaspoon almond butter  
2 tablespoons white vinegar  
1 teaspoon garlic powder  
1 teaspoon dried parsley  
1 tablespoon lemon juice  
¼ teaspoon honey or sweetener  
1 ¾ teaspoons onion powder  
¼ teaspoon freshly ground pepper  
¼ teaspoon dried dill

Pour boiling water over cashews and let soak for 30 minutes, or simmer cashews in water for 15 minutes. If you have an industrial blender such as a Vitamix, then you may skip this step. Add all ingredients into a blender and blend until smooth. Add more water if the dressing is too thick.
Pasta and Assembly

2 ½ cups shell or other small whole-grain pasta
2 cups chopped romaine lettuce
1 stalk of celery chopped

Cook the pasta according to the instructions on the package and then drain and rinse with cool water. Place the noodles back in the pot and set the heat to medium-low. Add the Cheezy Cheddar Sauce to the pot and stir until the pasta is evenly coated. Toss the celery and romaine lettuce in with the past just prior to serving.

To serve, fill a bowl with pasta mixture from pot. Place about a ¼ cup of chickpeas on top of each serving, and drizzle with a generous amount of the Irresistible Ranch Dressing.

Yields 4 servings.