



Rainbow Vegan Pasta

Ingredients

- 6 ounces (170g) steamed/roasted veggie of choice
 - Spinach
 - Orange peppers
 - Carrots
 - Beets
 - Squash
 - Red peppers
- 2 1/2 cups (420g) all purpose flour plus more for dusting
- 1 tsp salt
- 7 tbsp (100g/100ml) thick aquafaba (liquid from a can of chickpeas)

Instructions

1. If using carrots, beets, or squash dice up your veggies first. If using spinach, wash before steaming. Steam your veggies in the microwave or on the stove top, until quite tender but still vividly colored. Drain and pat as dry as possible. ****If you notice the water you drain is vibrantly colored, you can use some of this water to make the 6 ounces.****
2. If using peppers, roast in the oven and remove the skins.
3. Place your steamed/roasted veggies in your food processor with the aquafaba and pulse until the whole shebang is smooth like baby food.
4. Measure flour and salt into a mixing bowl and create a well in the center.
5. Pour pureed mixture into the center. Stir wet ingredients into dry ingredients, you will need to use your hands once the mixture gets sticky.
6. OR flour and salt to food processor and pulse on and off in 3 second bursts until your dough comes together.
7. Form dough into a sticky ball.
8. Lightly dust your cutting board with flour and knead the dough for 6-8 minutes until you have a pliant ball of dough.
9. Rest in the refrigerator for at least 1 hour or overnight.
10. Cut ball of dough into 4ths.
11. Roll out 1/4th on floured surface with rolling pin until 1 centimeter thick.
12. Feed through pasta maker starting with thickest setting, fold in thirds and flatten into a rectangle with the rolling pin. Repeat, this time folding in half. Lightly dust with flour.
13. Lower the setting and feed it through again. Lightly dust with flour
14. Repeat step 13 until you reach your desired thickness. (Note: the thinnest possible setting is usually meant for stuff pastas like ravioli, tortellini and so on).
15. Once your sheets are ready, you can cut them into whatever shapes you want or roll them up and slice them into ribbons.

Recipe adapted from:

<https://d2v4vmuxdiocn.cloudfront.net/wp-content/uploads/nutritional-rainbow-diet-cancer.jpg>