



RECIPE | TOMATOES

VEGAN CHEESY TOMATO PASTRIES



30 min

10 min
PREP.

20 min
COOKING



20



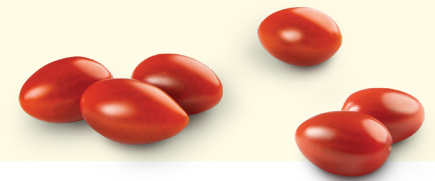
medium

INGREDIENTS

Recipe created by Hope Monaco

1 dry pint Pure Flavor® Cloud 9® Bite-Sized Tomatoes
1 Pure Flavor® Long English Cucumber
2 green onions
1 package phyllo pastry
2 cups water
½ cup basil
½ cup cashews
3 tbsp warm water
2 tbsp nutritional yeast

1 tbsp vegan butter
Salt, to taste
Basil, for garnish



DIRECTIONS

- 1 Preheat oven to 375°F. Add water & cashews to a medium-sized pot and bring to boil. Cook for 20 minutes on high heat.
- 2 While nuts are boiling, quarter tomatoes and dice cucumber, basil, and green onions. Add them to a medium-sized bowl and sprinkle with salt to taste. Mix everything together and set aside.
- 3 Using a large muffin tin, coat each section with a light layer of vegan butter.
- 4 Unfold the pastry sheet and cut into 4" squares. Press the pastry squares into prepared muffin pan cups.
- 5 Bake in the oven for 12 minutes until golden then set aside to cool.
- 6 Strain cashews and place them in a high-speed blender with nutritional yeast and salt, to taste. Slowly pour in warm water to desired consistency.
- 6 To serve, add 1 tablespoon of cheese sauce followed by vegetable mixture, and top with basil.

Pro Tip: To ensure a crisp pastry, wait to fill cups until right before serving.

PURE-FLAVOR.COM

