

# Cruciferous

by Joy Manning

## Cashew Ricotta

*Makes about 2 cups*

1 1/2 cup raw cashews (210 grams, 7.5 ounces)  
1 tablespoon apple cider vinegar  
1 tablespoon nutritional yeast  
1 teaspoon white miso  
1 garlic clove  
1/4 teaspoon onion powder  
1/2 teaspoon salt  
6 tablespoons unsweetened oat milk

Soak the cashews in **one** of the following three ways:

1. The night before you want to make the cashew ricotta, cover the cashews with water and let them stand overnight.
2. An hour before you want to make the cashew ricotta, cover the cashews with boiling water and let stand for 1 hour.
3. Right before you want to make the cashew ricotta, cover the cashews with water in the Instant Pot and cook under high pressure for 3 minutes, followed by natural pressure release. This makes for the plumpest, softest, creamiest cashews.

Drain the soaking liquid from the cashews and place them in a food processor along with the rest of the ingredients. Process until smooth and creamy.

## Tomato, basil, cashew cheese salad

Serves 2 to 4

2 large ripe tomatoes, sliced thick  
1/4 cup cashew ricotta  
1/4 cup basil leaves, torn  
2 teaspoons white balsamic vinegar  
1 teaspoon extra virgin olive oil

Arrange the tomato slices on a platter, and dollop with the cashew ricotta. Scatter the basil over the top, then drizzle with the white balsamic vinegar and olive oil. Serve immediately!