

Garlic “Clarified Butter” Noodles

Maintenance/Treatment to be mixed into your garlic noodles: clarified butter;

Optional: peanuts/nuts/sesame seeds (if using for maintenance)

Ingredients:

- 8 ounces of dried pasta noodles (long or short pasta; choose noodle to your liking)
- 2 garlic cloves, minced
- Salt and ground black pepper, to taste
- Olive oil
- Optional: ½ cup vegan parmesan cheese of your choice
- Optional: chopped parsley
- Maintenance/treatment clarified butter



Instructions:

- Bring a large pot of salted water to a boil. Add pasta to boiling water and cook pasta according to package directions until al dente. Drain the pasta and set aside.
- In a skillet large enough to hold the pasta, add your cooking oil to the pan. Add the minced garlic and saute, stirring frequently.
- Add the cooked pasta to the skillet and toss with kitchen tongs.
- **Optional:** stir in your vegan parmesan cheese
- Season with salt, ground black pepper, and chopped parsley, then stir.
- Portion out your pasta to be served as maintenance or treatment dosing
- Add your clarified butter to the noodles and mix in.
- **Optional** if using this recipe for maintenance: add your maintenance peanuts/crushed nuts/crushed sesame seeds

Storage:

- Portion out the pasta for the week and store in the fridge for 5-7 days.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: milk