

🌐 My Creamy Pasta e Cavolo with an Irish Twist 📧 Forwarded this? Subscribe below to get it straight to your inbox!

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Hi ,

Growing up in Rochester, NY in the late '70s — a city where nearly every last name ended in a vowel — I had just as many Irish friends as Italian ones. St. Patrick's Day was always a celebration filled with laughter, green decorations, and neighborhood shenanigans.

This year, I reinvented a dish that blends those traditions: **Creamy Pasta e Cavolo** (pasta and cabbage) with an Irish twist.

My plant-based version adds potatoes two ways — shreds blended into the sauce for creaminess and crisped in the pan for a savory topping.

Irish comfort meets Italian soul. 🍀

Creamy Pasta e Cavolo (Irish-Inspired!)

Caramelized cabbage, sweet onions, and tender pasta wrapped in a silky, **potato-based** cream sauce and finished with crispy thyme potatoes—all completely oil-free and dairy-free.



[View the Full Recipe](#)

👉 **Kitchen Tip:** Shred cabbage and onions to roughly match the size of your pasta shape so every bite stays balanced.

Why you'll love it:

- You'll skip oil and dairy without missing the creaminess
- You get creaminess without cashews
- Budget-friendly ingredients
- Ready in about 30 minutes

Make It a PLANTifull Spring

Whether you're celebrating St. Patrick's Day or just craving a bowl of cozy comfort, this pasta proves that humble ingredients can create something truly special.

Plant-based cooking isn't about giving up tradition — it's about **reimagining it in delicious ways.**

If you make this Creamy Pasta e Cavolo, I'd love to see it!

- 👉 Reply to this email
- 👉 Tag me on Instagram
- 👉 Or forward it to a friend who loves cozy pasta

Quick question for you: **What classic comfort food would you love to see made plant-based?** Just hit reply and tell me!

With gratitude and good food,

~ Donna

✨✨ Flavor Boost of the Month ✨✨

One of my favorite ways to add depth to simple dishes is with **California Balsamic vinegars**, a small company I love and partner with. Perfect for salads, roasted veggies, or finishing sauces.

This month they're offering:

- **FREE shipping on orders over \$70**
- **A free 3oz bottle for every \$25 spent**

[Shop California Balsamic!](#)

P.S. If you enjoyed this recipe, feel free to share the newsletter with a friend who loves comforting plant-based food. Your support means the world to me!

P.P.S. New here? You can [view past issues here](#), and [subscribe](#) so you never miss a recipe.



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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.
Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

Cooking Class Interest

Tell me what classes you'd like to see

Free Salad Dressing Recipes

Oil- & dairy-free inspiration

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Add rich, tangy flavor to salads, roasted veggies, and desserts



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