

No-Cheese Sauce

Source: Sroufe, Del, Forks Over Knives - The Cookbook, p. 29

This LOW-FAT SAUCE makes great Mac and “Cheese” (p. 252) or Baked Ziti (page 251). Best of all, it only takes about 5 minutes to put together. It may seem as though this recipe will not work in a blender, but with a little patience it does. If your onions are strong, blanch them in boiling water for a few minutes, or sauté them over medium heat for about 5 minutes before adding them to the blender.

MAKES ABOUT 2 1/2 CUPS

1 large yellow onion, peeled and coarsely chopped
1 large red bell pepper, seeded and coarsely chopped
3 tablespoons cashews, toasted (see p. 10), optional
1 tablespoon tahini, optional
1 cup nutritional yeast
Salt to taste

Combine all ingredients in a blender in the order given and purée until smooth and creamy, adding up to 1/2 cup of water if necessary to achieve a smooth consistency.

VARIATIONS

- > Use an equal amount of roasted red bell peppers in place of the raw pepper.
- > Combine the prepared sauce with a jar of store-bought salsa or a recipe of Fresh Tomato Salsa (page 26), and use it as a dip for vegetables.
- > Add 1/2 teaspoon of nutmeg with the salt.

Pam's notes: Easy and fast.... DELICIOUS

Use as a sauce on a Buddha bowl, mac n' cheese, or use for kale chips. Gently massage torn pieces of kale leaves to coat with the sauce, spread out on a parchment covered baking sheet and bake at 350 degrees for 10 - 15 minutes or until edges brown but are not burnt or use a dehydrator.