

Nacho Cheez

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 16

Serving size: ¼ cup

Ingredients	Quantity	Measure
Potatoes, white, peeled	2	cups
Carrots, whole, peeled	1	cup
Olive oil	1/3	cup
Reserved potato/carrot water	½-2	cups
Lemon juice	1	Tbsp.
Nutritional yeast	½-1	cup
Salt	1	tsp.
*Garlic powder	½	tsp.
*Onion powder	½	tsp.
Taco seasoning	½	cup
Serving options		
Elbow noodles, cooked	1 quart cooked (8 ounces dry pasta)	
Tortilla chips	1	pound
Carrot and celery sticks	32	sticks

Preparation

1. Boil potatoes and carrots until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Combine all ingredients in a blender (start with ½ cup of nutritional yeast) and blend until smooth.
4. If cheese is too thick add the reserved liquid ½ cup at a time, until desired consistency is reached.
5. Taste sauce and add more nutritional yeast for a “cheesier” flavor.
6. Serve with pasta, tortilla chips or vegetables.

Serving Variation

*Can use fresh garlic and onion if available for even more flavor.

Add one to two cans of Rotel to the nacho cheez sauce to make a queso-style dip.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 95 Total Fat: 5g Saturated Fat: .6g Monounsaturated Fat: 3.3g Polyunsaturated Fat: .5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber: 2.3g Total Sugar: .7g Protein: 3.6g Sodium: 428mg Vitamin A: 152µg Vitamin C: 8.1mg Calcium: 6mg Iron: .5mg Folate: 6µg

