

Cheez Sauce

- 2 cups potatoes cut into cubes
- 1 cup onions, diced
- 1 cup carrots, diced
- ½ cup cashews
- 2 cups water
- ½ cup nutritional yeast
- 1 tablespoon mustard
- ⅓ cup organic soy milk
- ¼ cup lemon juice
- 1 tablespoon miso
- 1 teaspoon salt
- 1 teaspoon kala namak (black salt)
- 1 teaspoon turmeric
- ¼ teaspoon black pepper
- 1 teaspoon garlic granules/powder
- 1 teaspoon onion granules/powder
- ¼ teaspoon smoked paprika

Place potatoes, onions, carrots, cashews and water into an instant pot and cook on manual pressure for 3 minutes and allow to keep warm for at least 10 minutes. Then transfer to a blender and add remaining ingredients and blend until smooth and creamy. I blend the other ingredients together before adding the instant pot ingredients.

If you don't have an instant pot simmer ingredients until tender, about 10 - 15 minutes.

Sauteed Kale

1 red onion

2-3 garlic cloves

1 bunch kale chopped and rinsed (do not pat dry)

1 tablespoon soy sauce or tamari

1 tablespoon fresh lemon juice

Saute onion 2-3 minutes add small amount of water if necessary

Add garlic and saute about 30 seconds

Add kale and sprinkle soy sauce on top, turn down heat to low, put lid on and steam for 3 minutes

Remove lid, sprinkle with fresh lemon juice

RANCHISH DRESSING (Cathy Fisher- Straight Up Food)

½ cup water

½ cup raw unsalted cashews

3 tablespoons fresh lemon juice

1 teaspoon apple cider vinegar

½ teaspoon granulated garlic

1 green onion, white and green parts, sliced

2 teaspoons fresh dill or ¾ teaspoon dried

Blend all ingredients until smooth

TZATZIKI SAUCE (Cathy Fisher- Straight Up Food)

½ cup cashews

⅓ cup water

2 tablespoons fresh lemon juice

1 small garlic clove

1 cup chopped cucumber

2 tablespoons fresh dill or ½ teaspoon dried

Blend all ingredients until smooth