

Inspiring Flavor with Sauces

Changing one thing can reinvent your go-to dishes!

Condiments can add flavor, and nutrition, to your recipe rotation. Many store-bought sauces are loaded with sodium and sugar, but you can make your own at home with a few simple ingredients.

EASY GARLIC DILL DIP

- 1/3 c hummus
- 1-2 T lemon juice
- 1 tsp dried dill
- 3 cloves garlic, minced
- 2-3 T water, to thin

Add first five ingredients to a bowl or jar. Add 2 T water and whisk or shake to combine. If desired, add more water to thin.



Spicy Cashew Sauce

- 1/2 c roasted cashews
- 1/4 extra virgin olive oil
- 3 T mild vinegar
- 3/4 tsp red pepper flakes
- 3/4 tsp soy or tamari
- 3/4 tsp honey
- 1 garlic clove

BLEND

Jalapeño Cilantro Sauce

- 1 jalapeño, deseeded, chopped
- 1 c plain Greek yogurt
- 1/2 c cilantro
- 2 T mint leaves
- 1 T lime juice
- 1/4 tsp cumin

BLEND

BASIC VINAIGRETTE

Not just for salads! Try these as a marinade for proteins, drizzled over a grain bowl or roasted veggies, or added to a bean salad.

Basic Vinaigrette

- 1/2 c extra-virgin olive oil
- 3-4 T red wine vinegar (more if you like a zippier dressing)
- 1 T Dijon mustard
- 1 T honey
- 2 garlic cloves, minced/grated
- 1/4 tsp salt
- Black pepper

Whisk or shake and enjoy!

Use **Balsamic Vinegar** and a spicy **honey mustard** for a bold and semi-sweet variation perfect for dishes with fruit in them.

Sun-Dried Tomato Pesto

- 1 c sundried tomatoes
- 1/3 c almonds or pine nuts
- 2-3 garlic cloves
- 1 T fresh rosemary OR basil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp red pepper flakes
- 3/4 c extra virgin olive oil

Process all ingredients in a food processor or blender until finely chopped. Be sure to scrape the sides of the bowl a couple times to mix thoroughly. Store in a jar for 5-7 days. Serve as a spread on a wrap, with baked chicken or fish, or stirred into hummus.

GREEK: Add 1 to 2 tsp each dried Dill and Oregano, 2 T lemon juice and a pinch of red pepper flakes.

CUMIN LIME: Replace all vinegar with lime juice. Leave out mustard and add 1 tsp cumin and 1/2 tsp chili powder.



VARIETY'S THE VERY
SPICE OF LIFE.
THAT GIVES IT ALL
IT'S FLAVOR.
WILLIAM COWPER

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