

Sauces and Dips

White Wine & Thyme Cashew Gravy



Servings: 6 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

Ingredients

- 1 cup raw cashews, soaked in hot water for 20–30 minutes, then drained
- 1 tablespoon butter
- 2 shallots, finely diced
- 3 cloves garlic, minced
- ½ cup dry white wine (such as Sauvignon Blanc or Pinot Grigio)
- 1½ cups low-sodium vegetable broth
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon onion powder
- Pinch of nutmeg (optional)
- 1 teaspoon lemon juice

Directions

1. Soak the cashews in hot water for 20–30 minutes, then drain.
2. Heat butter in a saucepan over medium heat. Add the shallots and cook for 3–4 minutes until softened.
3. Stir in the garlic and thyme, cooking for another 30 seconds until fragrant.
4. Pour in the white wine and simmer for 3–4 minutes until reduced by about half.
5. Add the vegetable broth and simmer for 5 minutes.
6. Transfer the broth mixture to a blender with the soaked cashews, Dijon mustard, onion powder, salt, pepper, nutmeg, and lemon juice.
7. Blend on high for 1–2 minutes until completely smooth.
8. Return the gravy to the saucepan and simmer gently for 2–3 minutes. If it's too thick, whisk in additional broth a little at a time until it reaches your desired consistency.
9. Taste and adjust seasoning before serving.

Nutrition (Per Serving)

- **Calories:** 165
- **Protein:** 5 g
- **Fat:** 12 g
- **Carbohydrates:** 10 g

- **Fiber:** 1.5 g
- **Net Carbs:** 8.5 g
- **Sodium:** 270 mg

Serving Suggestions

These creamy gravy pairs especially well with:

- Roasted chicken or turkey
- Grilled pork tenderloin
- Baked salmon or cod
- Mashed cauliflower or mashed potatoes
- Roasted Brussels sprouts, asparagus, or green beans
- Mushroom steaks or lentil loaf
- Biscuits or savory breakfast casseroles

Hard-Boiled Egg Mayonnaise



Servings: 8 (about 1 cup) **Prep Time:** 10 minutes

Ingredients

- 3 hard-boiled eggs
- 2 tablespoons butter, melted and slightly cooled
- 1 teaspoon vinegar (apple cider or white vinegar)
- $\frac{1}{3}$ cup water
- Salt and black pepper, to taste

Instructions

1. Add the hard-boiled eggs, melted butter, vinegar, water, salt, and pepper to a blender or food processor.
2. Blend on high for 1–2 minutes, scraping down the sides as needed, until completely smooth and creamy.
3. Taste and adjust the seasoning with additional salt, pepper, or vinegar if desired.
4. Transfer to an airtight container and refrigerate for at least 30 minutes before serving to allow the flavors to develop.

Nutrition (Per Serving)

- **Calories:** 45
- **Protein:** 2 g
- **Fat:** 4 g
- **Carbohydrates:** 0.5 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 0.5 g
- **Sodium:** 45 mg (varies with added salt)

Serving Suggestions

- Spread on sandwiches or wraps
- Use as a dip for fresh vegetables
- Stir into chicken, tuna, or egg salad

- Drizzle over roasted vegetables
- Use as a base for potato salad or coleslaw

Flavor Variations

- Garlic Aioli: Blend in 1 clove roasted garlic.
- Herb Mayonnaise: Add 1 tablespoon chopped dill, parsley, or chives.
- Lemon Pepper: Replace the vinegar with fresh lemon juice and add extra black pepper.
- Spicy: Blend in ½ teaspoon Dijon mustard and a dash of hot sauce or cayenne pepper

Homemade Tartar Sauce



Servings: 8 (about 1 cup) **Prep Time:** 10 minutes **Chill Time:** 30 minutes

Ingredients

- 1 cup homemade mayonnaise (prepared from the hard-boiled egg mayonnaise recipe)
- 2 tablespoons dill pickle, finely chopped
- 1 tablespoon capers, rinsed and finely chopped
- 1 tablespoon fresh lemon juice
- Salt and freshly ground black pepper, to taste

Instructions

1. In a small bowl, combine the mayonnaise, chopped dill pickle, capers, and lemon juice.
2. Stir until all ingredients are evenly incorporated.
3. Season with salt and freshly ground black pepper to taste.
4. Cover and refrigerate for at least 30 minutes to allow the flavors to meld before serving.

Nutrition (Per Serving)

- **Calories:** 55
- **Protein:** 2 g
- **Fat:** 5 g
- **Carbohydrates:** 1 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 1 g
- **Sodium:** 120 mg (varies depending on pickles and capers)

Serving Suggestions

- Serve with baked, grilled, or air-fried fish
- Pair with crab cakes or salmon patties
- Use as a dipping sauce for shrimp
- Serve with roasted asparagus, artichokes, or other vegetables

Variations

- **Fresh Herb:** Stir in 1 tablespoon chopped fresh dill or parsley.
- **Dijon Tartar:** Add 1 teaspoon Dijon mustard for extra tang.

- Garlic Tartar: Mix in 1 small clove garlic, finely minced or grated.
- Spicy Tartar: Add a dash of hot sauce or a pinch of cayenne pepper.

Dijon Herb Sauce



Servings: 4 **Prep Time:** 5 minutes **Cook Time:** 3–5 minutes

Ingredients

- ¼ cup vegetable broth
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- Salt and freshly ground black pepper, to taste

Instructions

1. In a small saucepan, whisk together the vegetable broth, Dijon mustard, lemon juice, dried parsley, and garlic powder until smooth.
2. Place the saucepan over medium-low heat and warm the sauce for 3–5 minutes, whisking occasionally. Do not allow it to boil.
3. Season with salt and freshly ground black pepper to taste.
4. Serve warm over your favorite protein or vegetables.

Nutrition (Per Serving)

- **Calories:** 10
- **Protein:** 0.5 g
- **Fat:** 0.5 g
- **Carbohydrates:** 1 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 1 g
- **Sodium:** 145 mg (varies with broth and Dijon mustard)

Serving Suggestions

- Drizzle over grilled chicken, turkey, or pork tenderloin
- Serve with baked salmon, cod, or shrimp
- Spoon over roasted asparagus, broccoli, Brussels sprouts, or green beans
- Toss with roasted potatoes or cauliflower
- Use as a light dressing for grain bowls or warm salads

Variations

- Creamy Dijon Herb: Whisk in 2 tablespoons unsweetened cashew cream
- Fresh Herb: Replace the dried parsley with 1 tablespoon finely chopped fresh parsley.
- Garlic Lovers: Add 1 clove fresh minced garlic while warming the sauce.
- Italian Style: Add ½ teaspoon dried oregano and ½ teaspoon dried basil.

Butternut Squash Sauce



Servings: 6 **Prep Time:** 5 minutes

Ingredients

- 2 cups cooked butternut squash
- ¼ cup vegetable broth
- ½ teaspoon ground cinnamon
- 1 tablespoon fresh lemon juice
- Pinch of salt

Instructions

1. Add the cooked butternut squash, vegetable broth, cinnamon, lemon juice, and salt to a blender or food processor.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. If the sauce is thicker than desired, blend in additional vegetable broth, 1 tablespoon at a time, until it reaches your preferred consistency.
4. Serve warm over your favorite dishes or chill and use as a flavorful spread or dip.

Nutrition (Per Serving)

- **Calories:** 35
- **Protein:** 1 g
- **Fat:** 0 g
- **Carbohydrates:** 9 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 7 g
- **Sodium:** 45 mg (varies with broth)

Serving Suggestions

- Spoon over roasted chicken, turkey, or pork
- Serve with baked salmon or cod
- Toss with roasted Brussels sprouts or cauliflower

Variations

- **Savory Herb:** Add 1 teaspoon chopped fresh sage or thyme.

- Creamy: Blend in 2 tablespoons unsweetened cashew cream or coconut milk.
- Warm Spice: Add a pinch of nutmeg or ground ginger along with the cinnamon.
- Smoky: Stir in ¼ teaspoon smoked paprika.
- Garlic: Blend in 1 roasted garlic clove for extra depth of flavor.

Avocado Lime Sauce



Servings: 4 **Prep Time:** 5 minutes

Ingredients

- 1 ripe avocado
- Juice of 1 lime
- 2 tablespoons water
- 2 tablespoons fresh cilantro
- Pinch of salt

Instructions

1. Cut the avocado in half, remove the pit, and scoop the flesh into a blender or food processor.
2. Add the lime juice, water, cilantro, and salt.
3. Blend until smooth and creamy.
4. Add additional water, 1 tablespoon at a time, if a thinner sauce consistency is desired.
5. Taste and adjust salt or lime juice as needed.

Nutrition (Per Serving)

- **Calories:** 85
- **Protein:** 1 g
- **Fat:** 8 g
- **Carbohydrates:** 5 g
- **Fiber:** 3.5 g
- **Net Carbohydrates:** 1.5 g
- **Sodium:** 75 mg (varies with added salt)

Serving Suggestions

- Drizzle over grilled chicken, turkey, or fish
- Serve with shrimp or seafood bowls
- Use as a dressing for salads
- Spoon over roasted vegetables
- Use as a dip for cucumbers or peppers
- Add to lettuce wraps

Variations

- Creamy Herb: Add fresh parsley, basil, or extra cilantro.
- Garlic Lime: Add 1 small garlic clove before blending.
- Spicy Avocado Lime: Add jalapeño or a pinch of cayenne pepper.
- Cucumber Avocado Sauce: Blend in ½ cup peeled cucumber for a lighter sauce.
- Dairy-Free Creamy Version: Add 2 tablespoons-soaked cashews for extra richness.

Alfredo Sauce with Cashews or Cauliflower



Servings: 6 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

Ingredients

- 1 cup raw cashews **OR** 1 large head cauliflower
- ½ cup chicken broth (or vegetable broth for vegan option)
- ½ cup water (plus extra if needed)
- 3 tablespoons butter
- 2 garlic cloves, minced
- 1 teaspoon arrowroot powder
- ½ teaspoon salt
- ¾ teaspoon lemon juice
- ⅛ teaspoon black pepper
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast

Cashew Alfredo Instructions

1. Soak cashews in hot water for 30 minutes.
2. Drain and rinse cashews thoroughly.
3. In a small saucepan, warm butter and garlic over low heat until garlic becomes soft and fragrant. Remove from heat.
4. Add soaked cashews, garlic-butter mixture, chicken broth, water, arrowroot powder, salt, lemon juice, black pepper, onion powder, and nutritional yeast to a blender.
5. Blend on high until completely smooth and creamy.
6. If the sauce is too thick, add additional water or broth until the desired consistency is reached.
7. Warm gently before serving.

Cauliflower Alfredo Instructions

1. In a large skillet, warm butter and garlic over low heat until the garlic softens and becomes fragrant.
2. Bring 6–7 cups of water to a boil.
3. Add the cauliflower and cook until very tender.

4. Reserve $\frac{1}{2}$ –1 cup of the cooking water before draining the cauliflower.
5. Add cooked cauliflower, garlic-butter mixture, chicken broth, arrowroot powder, salt, lemon juice, black pepper, onion powder, and nutritional yeast to a blender.
6. Blend until smooth and creamy, adding reserved cauliflower water as needed to reach the desired thickness.
7. Warm gently before serving.

Nutrition (Per Serving – Cashew Version)

- **Calories:** 185
- **Protein:** 5 g
- **Fat:** 15 g
- **Carbohydrates:** 10 g
- **Fiber:** 1.5 g
- **Net Carbohydrates:** 8.5 g
- **Sodium:** 260 mg

Nutrition (Per Serving – Cauliflower Version)

- **Calories:** 75
- **Protein:** 3 g
- **Fat:** 5 g
- **Carbohydrates:** 6 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 4 g
- **Sodium:** 230 mg

Serving Suggestions

- Toss with zucchini noodles or spaghetti squash
- Serve over chicken, turkey, shrimp, or salmon
- Pour over roasted broccoli, cauliflower, or Brussels sprouts
- Use as a sauce for stuffed mushrooms
- Add to casseroles or vegetable bakes
- Drizzle over baked potatoes or mashed cauliflower

Roasted Red Pepper Sauce



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 5 minutes (optional warming)

Ingredients

- 2 roasted red bell peppers (peeled and seeded)
- ¼ cup vegetable broth
- 1 garlic clove
- 1 tablespoon fresh lemon juice
- Salt and freshly ground black pepper, to taste

Instructions

1. Add roasted red peppers, vegetable broth, garlic, lemon juice, salt, and pepper to a blender or food processor.
2. Blend until smooth and creamy.
3. Taste and adjust seasoning as desired.
4. Serve chilled as a dip or dressing, or warm gently in a saucepan before serving.

Nutrition (Per Serving)

- **Calories:** 25
- **Protein:** 1 g
- **Fat:** 0 g
- **Carbohydrates:** 6 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 4 g
- **Sodium:** 120 mg (varies depending on peppers and added salt)

Serving Suggestions

- Spoon over grilled chicken, turkey, or fish
- Toss with roasted vegetables
- Use as a sauce for zucchini noodles
- Serve as a dip with fresh vegetables
- Add to stuffed peppers or vegetable bowls
- Drizzle over eggs or breakfast casseroles

Basil Walnut Sauce



Servings: 4 **Prep Time:** 10 minutes

Ingredients

- 1 cup fresh basil leaves
- ¼ cup walnuts
- ½ cup water
- 1 garlic clove
- 2 tablespoons fresh lemon juice
- Salt and freshly ground black pepper, to taste

Instructions

1. Add basil, walnuts, water, garlic, lemon juice, salt, and pepper to a blender or food processor.
2. Blend until smooth and creamy.
3. Add additional water, 1 tablespoon at a time, if a thinner sauce consistency is desired.
4. Taste and adjust seasoning before serving.

Nutrition (Per Serving)

- **Calories:** 75
- **Protein:** 2 g
- **Fat:** 7 g
- **Carbohydrates:** 3 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 2 g
- **Sodium:** 80 mg (varies depending on added salt)

Serving Suggestions

- Drizzle over grilled chicken breast
- Serve with baked salmon, Mahi Mahi, or other fish
- Toss with zucchini noodles or spaghetti squash
- Spoon over roasted vegetables such as broccoli, Brussels sprouts, and cauliflower
- Use as a dipping sauce for shrimp or vegetable platters
- Add to lettuce wraps or grain bowls

Variations

- Creamy Basil Walnut Sauce: Add $\frac{1}{4}$ cup-soaked cashews for a richer texture.
- Garlic Herb Version: Add parsley and an extra garlic clove.
- Citrus Basil Sauce: Replace some lemon juice with lime juice for a brighter flavor.

Cucumber Dill Sauce



Servings: 4 **Prep Time:** 10 minutes

Ingredients

- 1 cup cucumber, peeled, de-seeded and chopped
- ½ ripe avocado
- 2 tablespoons fresh dill
- 1 tablespoon fresh lemon juice
- ¼ cup water
- Salt and freshly ground black pepper, to taste

Instructions

1. Add cucumber, avocado, fresh dill, lemon juice, water, salt, and pepper to a blender or food processor.
2. Blend until smooth and creamy.
3. If a thinner sauce is desired, add additional water, 1 tablespoon at a time.
4. Taste and adjust seasoning before serving.

Nutrition (Per Serving)

- **Calories:** 55
- **Protein:** 1 g
- **Fat:** 5 g
- **Carbohydrates:** 3 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 1 g
- **Sodium:** 90 mg (varies depending on added salt)

Serving Suggestions

- Serve with grilled salmon, Mahi Mahi, halibut, or shrimp
- Drizzle over chicken or turkey lettuce wraps
- Use as a salad dressing
- Serve as a dip for cucumbers and other vegetables
- Spoon over roasted vegetables
- Add to seafood bowls or vegetable bowls

Variations

- Creamy Herb Sauce: Add ¼ cup-soaked cashews for extra richness.
- Garlic Dill Sauce: Add 1 small garlic clove for more flavor.
- Greek-Style Flavor: Add extra lemon and chopped parsley.
- Mint Cucumber Sauce: Replace half the dill with fresh mint.

Feta & Green Olive Dip



Servings: 6 **Prep Time:** 10 minutes

Ingredients

- 1 cup feta cheese, crumbled
- ½ cup green olives, pitted
- ¼ cup fresh parsley
- 2 tablespoons lemon juice
- 1 garlic clove
- ¼ cup water (add more as needed)
- 1 teaspoon fresh oregano (or ½ teaspoon dried oregano)
- ¼ teaspoon black pepper
- Pinch of salt (optional, olives and feta are naturally salty)

Instructions

1. Add feta cheese, green olives, parsley, lemon juice, garlic, oregano, black pepper, and water to a food processor.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. Add additional water, 1 tablespoon at a time, until the desired dip consistency is reached.
4. Taste and adjust seasoning if needed.
5. Refrigerate for 30 minutes before serving for the best flavor.

Nutrition (Per Serving)

- **Calories:** 95
- **Protein:** 4 g
- **Fat:** 8 g
- **Carbohydrates:** 2 g
- **Fiber:** 0.5 g
- **Net Carbohydrates:** 1.5 g
- **Sodium:** 420 mg (varies depending on feta and olives)

Serving Suggestions

- Serve as a dip with:
 - Romaine lettuce leaves
 - Cucumber slices

- Bell peppers
 - Roasted vegetables
- Spread on lettuce wraps
- Serve alongside grilled chicken, turkey, or fish
- Use as a topping for roasted cauliflower or zucchini
- Add to Mediterranean-style bowls

Lemon & Dill Zucchini Dip



Servings: 6 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

Ingredients

- 2 medium zucchinis, chopped
- 2 tablespoons fresh dill
- 2 tablespoons lemon juice
- 1 garlic clove
- ¼ cup raw cashews, soaked 30 minutes (optional for creaminess)
- 2 tablespoons water (add more as needed)
- 1 tablespoon fresh parsley
- Salt and black pepper, to taste

Instructions

1. Steam or lightly sauté the zucchini until tender, about 5–7 minutes. Allow it to cool slightly.
2. Add zucchini, dill, lemon juice, garlic, cashews (if using), parsley, water, salt, and pepper to a blender or food processor.
3. Blend until smooth and creamy.
4. Adjust thickness by adding more water, 1 tablespoon at a time.
5. Chill for at least 30 minutes before serving to allow the flavors to develop.

Nutrition (Per Serving)

- **Calories:** 55
- **Protein:** 2 g
- **Fat:** 4 g
- **Carbohydrates:** 4 g
- **Fiber:** 1.5 g
- **Net Carbohydrates:** 2.5 g
- **Sodium:** 90 mg

Serving Suggestions

- Serve with:
 - Cucumber slices

- Bell peppers
 - Romaine lettuce leaves
 - Roasted vegetables
- Use as a sauce for:
 - Salmon
 - Mahi Mahi
 - Chicken
 - Turkey
- Spread on lettuce wraps
- Add to Mediterranean-style bowls

French Onion Ricotta Dip



Servings: 6 **Prep Time:** 10 minutes **Cook Time:** 25–30 minutes

Ingredients

- 1 cup ricotta cheese
- 1 cup caramelized onions
- 1 garlic clove, minced or roasted
- 1 teaspoon fresh parsley (or ½ teaspoon dried parsley)
- 1 teaspoon fresh thyme (or ½ teaspoon dried thyme)
- Salt and freshly ground black pepper, to taste

Instructions

1. Prepare caramelized onions by cooking sliced onions over low heat until soft, golden, and sweet, about 25–30 minutes.
2. In a food processor or blender, combine ricotta cheese, garlic, parsley, thyme, salt, and pepper.
3. Blend until smooth and creamy.
4. Fold the cooled caramelized onions into the ricotta mixture.
5. Refrigerate for at least 30 minutes before serving to allow the flavors to combine.

Nutrition (Per Serving)

- **Calories:** 95
- **Protein:** 5 g
- **Fat:** 6 g
- **Carbohydrates:** 6 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 5 g
- **Sodium:** 120 mg

Serving Suggestions

Pairs well with:

- Zucchini slices
- Broccoli florets
- Roasted cauliflower

- Brussels sprouts
- Bell peppers
- Romaine lettuce leaves

Also delicious served with:

- Grilled chicken breast
- Turkey lettuce wraps
- Salmon or white fish
- Roasted vegetables
- Stuffed mushrooms

.

Black Peppercorn Herb Sauce



Servings: 4 **Prep Time:** 5 minutes **Cook Time:** 10–15 minutes

Ingredients

- 1 cup beef broth
- 1 tablespoon crushed black peppercorns
- 1 garlic clove, minced
- 1 teaspoon fresh thyme (or ½ teaspoon dried thyme)
- 1 teaspoon fresh parsley (or ½ teaspoon dried parsley)
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- Salt, to taste

Instructions

1. Add beef broth, minced garlic, crushed black peppercorns, thyme, and parsley to a small saucepan.
2. Bring to a gentle simmer over medium heat.
3. Simmer for 8–10 minutes to allow the pepper and herbs to infuse into the broth.
4. Stir in Dijon mustard and lemon juice.
5. Continue simmering until the sauce reduces slightly and reaches the desired consistency.
6. Taste and adjust seasoning with salt if needed.
7. Serve warm over your favorite protein.

Nutrition (Per Serving)

- **Calories:** 20
- **Protein:** 1 g
- **Fat:** 0 g
- **Carbohydrates:** 3 g
- **Fiber:** 0.5 g
- **Net Carbohydrates:** 2.5 g
- **Sodium:** 250 mg (varies depending on broth)

Serving Suggestions

Pairs well with:

- Beef filet
- Flank steak
- Ground sirloin patties
- Turkey tenderloin
- Chicken breast
- Roasted mushrooms
- Cauliflower mash
- Brussels sprouts

Green Goddess Dressing



Servings: 6 **Prep Time:** 10 minutes

Ingredients

- 1 avocado
- ½ cup fresh parsley
- ½ cup fresh basil
- ¼ cup fresh cilantro (optional)
- 2 tablespoons fresh lemon juice
- 1 garlic clove
- ¼ cup water (add more for desired consistency)
- 1 tablespoon Dijon mustard
- Salt and black pepper, to taste

Instructions

1. Add avocado, parsley, basil, cilantro, lemon juice, garlic, Dijon mustard, water, salt, and pepper to a blender.
2. Blend until smooth and creamy.
3. Add additional water, 1 tablespoon at a time, until the desired dressing consistency is reached.
4. Taste and adjust seasoning before serving.

Nutrition (Per Serving)

- **Calories:** 75
- **Protein:** 1 g
- **Fat:** 6 g
- **Carbohydrates:** 5 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 2 g
- **Sodium:** 120 mg

Serving Suggestions

Pairs well with:

- Romaine lettuce salads
- Spinach salads
- Kale salads
- Watercress salads
- Cucumber and vegetable salads
- Grilled chicken salads
- Salmon or shrimp salads
- Roasted broccoli, cauliflower, and Brussels sprouts

Creamy Asiago Herb Sauce



Servings: 4 **Prep Time:** 5 minutes **Cook Time:** 5–10 minutes

Ingredients

- ½ cup Asiago cheese, grated
- ½ cup vegetable broth
- 1 garlic clove, minced
- 1 teaspoon fresh thyme (or ½ teaspoon dried thyme)
- 1 tablespoon fresh parsley (or 1 teaspoon dried parsley)
- Black pepper, to taste

Instructions

1. Warm vegetable broth in a small saucepan over medium-low heat.
2. Add minced garlic and simmer for 1–2 minutes until fragrant.
3. Slowly stir in grated Asiago cheese until melted and creamy.
4. Add thyme, parsley, and black pepper.
5. Continue warming until the sauce reaches the desired consistency.
6. Serve warm over vegetables or your favorite protein.

Nutrition (Per Serving)

- **Calories:** 75
- **Protein:** 5 g
- **Fat:** 5 g
- **Carbohydrates:** 2 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 2 g
- **Sodium:** 280 mg (varies depending on cheese and broth)

Serving Suggestions

Pairs well with:

- Roasted cauliflower
- Broccoli
- Brussels sprouts

- Snap peas or snow peas
- Zucchini
- Mushrooms

Also delicious with:

- Chicken breast
- Turkey tenderloin
- Beef filet
- Salmon
- Mahi Mahi

Blue Cheese Herb Sauce



Servings: 4 **Prep Time:** 5 minutes **Cook Time:** 5 minutes

Ingredients

- ½ cup blue cheese, crumbled
- ¼ cup vegetable or beef broth
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh parsley (or ½ teaspoon dried parsley)
- Black pepper, to taste

Instructions

1. Add broth to a small saucepan and warm over low heat.
2. Slowly add the blue cheese and stir gently until melted and creamy.
3. Add lemon juice, parsley, and black pepper.
4. Continue warming until the sauce reaches the desired consistency.
5. Serve warm over vegetables, salads, or protein.

Nutrition (Per Serving)

- **Calories:** 90
- **Protein:** 5 g
- **Fat:** 7 g
- **Carbohydrates:** 2 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 2 g
- **Sodium:** 350 mg (varies depending on blue cheese)

Serving Suggestions

Pairs well with:

- Roasted Brussels sprouts
- Cauliflower
- Broccoli
- Mushrooms
- Green beans
- Asparagus

- Zucchini

Also delicious with:

- Beef filet
- Flank steak
- Ground sirloin patties
- Chicken
- Turkey
- Spinach salads

Artichoke Lemon Dip Sauce



Servings: 6 **Prep Time:** 10 minutes

Ingredients

- 1 cup artichoke hearts, drained
- ½ cup ricotta cheese
- 1 garlic clove, minced or roasted
- 1 tablespoon fresh lemon juice
- Black pepper, to taste
- Salt, optional (depending on artichoke hearts)

Instructions

1. Add artichoke hearts, ricotta cheese, garlic, lemon juice, and black pepper to a blender or food processor.
2. Blend until smooth and creamy.
3. Scrape down the sides as needed and continue blending until the desired texture is reached.
4. Taste and adjust seasoning before serving.
5. Chill for 30 minutes for the best flavor or serve slightly warmed.

Nutrition (Per Serving)

- **Calories:** 65
- **Protein:** 4 g
- **Fat:** 4 g
- **Carbohydrates:** 4 g
- **Fiber:** 1.5 g
- **Net Carbohydrates:** 2.5 g
- **Sodium:** 180 mg (varies depending on artichoke hearts)

Serving Suggestions

Pairs well with:

- Asparagus
- Roasted cauliflower
- Broccoli
- Brussels sprouts
- Zucchini

- Green beans
- Mushrooms

Also delicious with:

- Grilled chicken
- Turkey lettuce wraps
- Salmon
- Mahi Mahi
- Vegetable platters