

Sauce Recipes

Cheesy Zucchini Pesto

Ingredients:

- 2 medium zucchinis
- 3 garlic cloves
- 2 Tbsp olive oil
- 2 Tbsp grated parmesan cheese
- 1 Tbsp salt-free Italian herbs
- ⅓ tsp salt

Directions:

1. Chop zucchini into pieces.
2. Steam the zucchini and garlic until tender. Allow to cool.
3. Into a blender, add the zucchini, garlic, olive oil, cheese, herbs, and salt.
4. Blend together until you get a smooth consistency.

Nutrition Facts:

Recipe makes 2 servings

Per serving: 190 calories, 7g carbs, 5g protein, 300g sodium



Creamy Taco Sauce

Ingredients:

- 2 cups chopped cauliflower
- ¼ cup diced onions
- 2 garlic cloves
- 2 Tbsp cream cheese
- 2 Tbsp olive oil
- 1 Tbsp Mrs. Dash taco seasoning
- ⅓ tsp salt

Directions:

1. Steam the cauliflower, onions, and garlic until tender. Allow to cool.
2. Into a blender, add the cauliflower, onions, garlic, cream cheese, olive oil, lime juice, Mrs. Dash, and salt.
3. Blend together until you get a smooth consistency.

Nutrition Facts:

Recipe makes 2 servings

Per serving: 225 calories, 11g carbs, 4g protein, 225g sodium



Cheesy No-Mato Sauce

Ingredients:

- 2 medium carrots
- 1 medium beet
- 3 garlic cloves
- 2 Tbsp olive oil
- 2 Tbsp grated parmesan cheese
- 1 Tbsp balsamic vinegar
- 1 Tbsp salt-free Italian herbs
- ⅛ tsp salt



Directions:

1. Chop carrots and beet into pieces.
2. Steam the carrots, beets, and garlic until tender. Allow to cool.
3. Into a blender, add the carrots, beets, garlic, olive oil, cheese, herbs, and salt.
4. Blend together until you get a smooth consistency.

Nutrition Facts:

Recipe makes 2 servings

Per serving: 210 calories, 14g carbs, 4g protein, 365mg sodium

Lemon Garlic Sauce

Ingredients:

- 2 medium yellow squash
- 1 medium red bell pepper
- 3 garlic cloves
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp balsamic vinegar
- 1 Tbsp Mrs. Dash table blend
- ⅛ tsp salt



Directions:

1. Chop the squash into pieces.
2. Steam the squash and garlic until tender. Allow to cool.
3. Into a blender, add the squash, garlic, olive oil, lemon juice, Mrs. Dash, and salt.
4. Blend together until you get a smooth consistency.

Nutrition Facts:

Recipe makes 2 servings

Per serving: 190 calories, 15g carbs, 3g protein, 155g sodium



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.