

Dips & Sauces

Bean Dip

- 1 can (16 oz.) cooked beans, garbanzo, black, kidney, or white
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 Tbs. nut butter
- 3 Tbs. chopped fresh parsley
- 1 Tbs. oil
- Spices (e.g., salt, pepper, cumin)

In small skillet, heat oil on medium heat. Add onions and garlic. Sauté for 5-10 minutes or until onions are soft. Add remaining ingredients to food processor or blender. When onions and garlic are cooked, add to bean mixture. Blend all ingredients until well mixed and texture is creamy. Add spices if desired. Let cool.

Cashew Gravy

- 2 large onions
- 3 garlic cloves, minced
- 3 Tbs. olive oil
- 3/4 cup cashew butter
- 2 1/2 cup hot water
- 1/2 pound mushrooms, sliced and sautéed in 1 Tbs. olive oil

Sauté onion in oil until light caramel color, add garlic, cook for 3 minutes more. Add all ingredients except mushrooms in blender, blend until smooth. Blend mixture to mushrooms, cook until heated.

Hummus

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup water
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of water. Blend for 3-5 minutes on low until thoroughly mixed and smooth. Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley (optional). Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

Storing Hummus: refrigerate it for up to 3 days. Add a little olive oil if it appears to be too dry.

Pumped- up Hummus

2 1/2 cups cooked or canned and drained chickpeas
2 1/2 tablespoons tahini
1/2 teaspoon sweet paprika
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper
1/2 bunch flat-leaf parsley, coarsely chopped (about 1 cup)
Juice of lemon
1/2 cup diced onion
Pinch of sea salt, optional
4 to 5 tablespoons water

In the bowl of a food processor fitted with a metal blade, combine the chickpeas, tahini, paprika, cumin, garlic powder, pepper, parsley, and lemon juice. Mix for about 30 seconds, until blended. Add the onion and a tiny pinch of salt. Pulse until all the ingredients are nearly smooth.

Taste the hummus and add as much water as necessary for the correct consistency. Process until as the mixture is as smooth as you'd like. Serve the hummus at once or transfer to a glass or plastic container with a tight-fitting lid and refrigerate for up to three days. Let the hummus reach room temperature before serving. Note: If using canned, well-rinsed chickpeas, omit the salt completely.

Black Bean Hummus

1 can black beans, drained, rinsed (15 oz)
1/4 cup tahini
1 tablespoon garlic, minced
1 tablespoon olive oil
1/4 tablespoon lime juice
1/2 teaspoon cumin

In a food processor, process all ingredients until smooth and creamy. If it is too thick, add half a teaspoon olive oil and half teaspoon lime water. Serve immediately or store in refrigerator in airtight container.

Herbed Pecan Rub

In a blender combine 1/2 cup broken pecans; 1/2 C fresh oregano leaves; 1/2 C fresh thyme leaves; 3 cloves garlic, cut up; 1/2 Tsp pepper; 1/2 Tsp finely shredded lemon peel; and 1/4 tsp salt. Cover; blend with several pulses until paste forms.

With machine still running gradually add 1/8 cup extra virgin olive oil until mixture forms a past. Rub onto fish or chicken and grill.

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Guacamole

4 avocados, peeled and pitted
1 large or 2 small cucumbers, peeled, seeded and roughly chopped (about 1 1/3 cups)
Juice of 2 small limes
1/2 cup chopped scallions, white and green parts
1/2 cup firmly packed chopped fresh cilantro
1 teaspoon extra-virgin olive oil
1 small garlic clove, minced
1/8 teaspoon cayenne pepper
Pinch of sea salt

In the bowl of a food processor fitted with a metal blade, combine the avocados, cucumber, lime juice, scallions, and cilantro. Pulse just until mixed and chunky.

Add the olive oil, garlic, and cayenne. Season to taste with salt, if using. Process until almost smooth but with a little texture. Serve immediately or transfer to a small glass bowl and cover with plastic wrap resting directly on the surface of the guacamole. Refrigerate for up to one day. Leaving an avocado pit in the guacamole will help keep it fresh.

Cucumber Yogurt Dressing

1 cup nonfat plain yogurt
1/3 cup nonfat sour cream
1 cup loosely packed chopped fresh dill
Juice from 1/2 lime
1 small clove garlic, finely minced
Sea salt, optional
Freshly ground black pepper, optional
4 medium cucumbers, peeled and chopped into small cubes or wedges (about 5 cups)

In a mixing bowl, whisk together the yogurt, sour cream, dill, lime juice, and garlic. Add salt and pepper to taste, if desired. Stir the cucumbers into the dressing.