

# Nacho Cheese

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Serving Size: 2 oz.

Ingredients	Quantity	Measure
Potatoes, peeled	2	cups
Carrots	1	cup
Extra Virgin Olive Oil	$\frac{1}{3}$	cup
Water	$\frac{1}{2}$	cup
Lemon Juice	1	tbsp.
Nutritional Yeast	$\frac{1}{2}$	cup
Salt, divided	1 $\frac{1}{2}$	tsp.
Garlic Powder	$\frac{1}{2}$	tsp.
Onion Powder	$\frac{1}{2}$	tsp.
Cayenne	1	dash

## Preparation

1. Boil potatoes and carrots with 1 tsp. salt until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.
5. Taste and add  $\frac{1}{2}$  tsp. salt, if necessary.

## Serving Suggestion

Cook elbow noodles and pour cheese over noodles for mac and cheese.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 113 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g  
Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 3g Sodium: 320mg  
Vitamin A: 108 $\mu$ g Vitamin C: 4mg Calcium: 8mg Iron: 0mg Folate: 206 $\mu$ g

