



Romesco Sauce (Spanish Pepper and Nut Sauce)

1/4 c. almonds, toasted
1/4 c. hazelnuts, toasted
2-3 roasted red bell peppers (peeled if you make them from scratch)
1/2 c. roasted tomato puree or diced fire-roasted tomatoes
2 T. red wine or sherry vinegar
1 T. smoked paprika
1 t. chili powder
1-2 cloves garlic
3/4 c. olive oil
Salt & pepper

Process all ingredients except olive oil in a food processor until well-pureed. Slowly drizzle in olive oil; add salt and pepper to taste. Can be made ahead and refrigerated up to one week.



Chimichurri Sauce

1 c. tightly packed Italian parsley leaves
1/2 c. cilantro (leaves and stems)
2 T. fresh oregano leaves
1/3 c. olive oil
1/4 c. sherry vinegar
1 t. ground cumin
3/4 t. chili flakes
1/2 t. salt

Wash and finely chop all herbs.

Place in bowl or jar. Add all remaining ingredients – stir well, or shake.

Let sit minimum 2 hours prior to serving. Make up to one day in advance.



Basil Dandelion Pesto

3/4 c. walnuts or pumpkin seeds (or a mix of both)
1 clove garlic
Juice of 1-2 lemons
~3 c. packed basil leaves
~2 c. packed dandelion greens (either white or red variety is fine)
1/4 c. extra virgin olive oil
1/4 c. nutritional yeast
1/2 t. salt

Place nuts/seeds and garlic in food processor bowl, and process until well crumbled. Add lemon juice, and pulse a few times to combine. Add greens, and process while slowly drizzling in olive oil. The oil should help the greens to get integrated. Stop the machine, and scrape down the sides occasionally, adding a bit more olive oil as needed to help greens get incorporated.

Once desired texture is achieved, add nutritional yeast and salt, and process for a few seconds, until well combined.

Place pesto in serving bowl, and chill prior to serving if desired. Use with 48 hours for best results.

Variation: Use any combination of herbs of your choice: basil, mint, dandelion, parsley, arugula, etc. Total yield should be about 5 packed cups of herbs.



Mark Bittman's Miso-Ginger Dressing

(Source: <http://cooking.nytimes.com/recipes/1012694-miso-ginger-dressing>)

1/4 cup peanut oil or neutral oil, like grapeseed or corn
1/4 cup rice vinegar
3 tablespoons mild or sweet miso, like yellow or white
1 tablespoon dark sesame oil
2 medium carrots, roughly chopped
1 inch long piece fresh ginger, cut into coins
Salt/Freshly ground black pepper

Put all ingredients except salt and pepper into a food processor and pulse a few times to mince carrots. Then let machine run for a minute or so, until mixture is chunky-smooth. (If you want it smoother, use a blender.) Taste and add salt and pepper to taste. Keeps 7-10 days in refrigerator.



Tahini Dijon Dressing

1/4 c. tahini
1/4 c. water (plus more for thinning)
2 cloves fresh grated garlic
2 T. nutritional yeast flakes
2 t. dijon mustard
1/4 t. salt

Stir together the dressing ingredients in a small bowl or a coffee mug. Use a fork or small whisk to blend smooth. Add additional tablespoons of water to thin, as needed. Adjust salt as needed. It should be slightly salty, because the saltiness will subside when you dress the salad. Keeps 7-10 days in refrigerator.



Cashew Dill Dressing

1 c. raw cashews, soaked minimum 30 minutes*
3/4 c. coconut water
1/3 c. lemon juice
1-2 cloves garlic
Handful of fresh dill
1/2 t. salt

Combine all ingredients in a high-speed blender* until creamy and smooth.

** Conventional blender may be used, but soak cashews for 3-4 hours minimum*



Cilantro Coconut Chutney

1 large bunch of cilantro, leaves and upper stems chopped
1/4 c. lime juice
1/2 c. dried coconut flakes (unsweetened)
1 t. honey (I prefer to use raw honey)
1 t. salt

Blend all ingredients in a blender or food processor until everything is well integrated (add a few tablespoons of water if things are not getting well-processed). You will likely need to stop the machine and scrape down the sides to achieve a good quality.

Variation: Use mint or parsley, or a mix of the two, instead of cilantro.



Raw Cashew Crème

2 c. raw cashews, soaked at least 30 minutes and drained*
1/4 c. real maple syrup (or use a couple soaked dates for a truly raw experience)
1/2 t. vanilla powder or 1/3 of a vanilla bean pod or 1 tsp. vanilla extract
1/2 c. coconut water

Blend everything together in a high-speed blender* until a smooth, creamy consistency is achieved. Add a bit more coconut water as needed while blending if mixture is lumpy.

** Conventional blender may be used, but soak cashews for 3-4 hours minimum*