

SAUCES + DRESSINGS

ALL SAUCES CAN BE STORED IN AN AIRTIGHT JAR FOR 5-7 DAYS

Double or triple recipes to keep for multiple meals (which is the goal!).

PESTO

INGREDIENTS:

1 C fresh basil
½ C parsley
¼ C mint
¼ C pine nuts
Juice of 2 lemons
½ C freshly grated parmesan
¼ C olive oil

DIRECTIONS:

1. In a Food Processor (or blender), combine all ingredients, except for Olive Oil
2. Add Olive Oil while running on slow
3. Scrape down sides and pulse a few more times until everything is fully combined
4. Adjust lemon or salt and pepper flavors to taste
5. Store in an airtight container for up to a week

GINGER DRESSING

INGREDIENTS:

½ C sesame oil
2 TBSP raw honey
Juice of 2 lemons
4 TBSP freshly grated ginger
2 TBSP soy sauce
2 TBSP rice wine vinegar
S+P to taste
Small pinch of red pepper flakes

DIRECTIONS:

Combine all ingredients in a bowl and whisk until fully combined.

GREEN DREAM

INGREDIENTS:

2 C of lightly packed herbs (parsley, cilantro, chives)
¼ C olive oil
2 small garlic cloves
2 anchovy fillets (optional but HIGHLY RECOMMENDED)
1-2 TBSP fresh lemon juice (to taste)
1 TBSP capers
S + P to taste

DIRECTIONS:

Blend all ingredients in a blender or food processor until fully smooth

TAHINI DRESSING

INGREDIENTS:

¼ C tahini
¼ C lemon juice
2 TBSP EVOO
2 tsp pure maple syrup or agave nectar
1 tsp onion powder
½ tsp garlic powder
1-2 TBSP water (if needed)
1 TBSP fresh parsley, chopped
S + P to taste

DIRECTIONS:

Combine all ingredients in a bowl and whisk until fully combined.

