

Pepper Jack Cheese Sauce

Source: Dustin Harder of @theveganroadie

About the Recipe

71 Calories • 2 g Protein • 2 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 16 Servings

- 2 tablespoons (30 mL) olive oil (see note below for oil-free)
- 1 onion (203 g), chopped
- 2 cups (180 g) bite-size cauliflower florets
- 6 cloves (24 g) garlic, roughly chopped
- 1/2 cup (70 g) raw sunflower seeds
- 2 cups (16 ounces) unsweetened nondairy milk
- 1/4 cup (50 g) sauerkraut
- Juice of 1/2 lemon
- 1 tablespoon (15 mL) coconut aminos
- 2 tablespoons (40 g) chickpea miso
- 1 tablespoon (20 g) Dijon mustard
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper

Directions

1. Heat the oil in a saucepot over medium. Add the onion and cauliflower and saute for 6 minutes until the cauliflower is starting to get tender. Add the garlic and saute 1 additional minute, until fragrant. Add the sunflower seeds and milk, bring to a boil, and reduce to a simmer for 3 minutes until cauliflower is fork tender. Transfer to a blender.

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2. Add the sauerkraut, lemon juice, tamari, miso, Dijon, salt, pepper, and crushed red pepper to the blender. Blend until smooth and creamy. OIL-FREE: Omit the oil and saute the vegetables in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed.

Nutrition Facts

Per serving:

Calories: 71

Fat: 5 g

Saturated Fat: 1 g

% Calories From Fat: 54%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 6 g

Sugar: 1 g

Fiber: 2 g

Sodium: 425 mg

Calcium: 50 mg

Iron: 1 mg

Vitamin C: 7 mg

Beta-Carotene: 12 mcg

Vitamin E: 2 mg