



SAUCES

Vegan Green Goddess Sauce

makes about 1 1/4 cups

Ingredients:

1-2 ripe avocado
1 garlic clove, grated
1 cup fresh parsley
1/4 cup fresh basil
1/4 cup fresh chives or scallion (green part only)
juice of 1 lemon
sea salt & fresh pepper, to taste
1/4 cup extra virgin olive oil
apple cider vinegar, to taste

Directions:

- Add avocado, garlic, herbs, lemon juice, salt & pepper to food processor and process until finely chopped.
- Add oil a little at a time and process until smooth.
- Add a little apple cider vinegar to taste. Adjust seasoning and oil until desired consistency.
- Store in an air tight container or jar in the refrigerator.

Roasted Onion Sauce

makes about 1 cup

Ingredients:

1 large sweet onion, cut into thick slices
1 tablespoon extra virgin olive oil
1 tablespoons maple syrup
2 teaspoon whole-grain Dijon mustard
sea salt and fresh ground black pepper, to taste

Directions:

- Pre heat to 400°F.
- Toss onion slices with olive oil, salt & pepper and roast on parchment lined baking sheet until soft and caramelized. (or: cook onion in pan on stove until soft and caramelized)
- Add roasted onion, maple syrup and mustard to food processor and puree until smooth.
 - Store in refrigerator.