# Nacho Cheez

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

**Servings: 16**

**Serving size: ¼ cup**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, white, peeled</td>
<td>2</td>
<td>cups</td>
</tr>
<tr>
<td>Carrots, whole, peeled</td>
<td>1</td>
<td>cup</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1/3</td>
<td>cup</td>
</tr>
<tr>
<td>Reserved potato/carrot water</td>
<td>½-2</td>
<td>cups</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1</td>
<td>Tbsp.</td>
</tr>
<tr>
<td>Nutritional yeast</td>
<td>½-1</td>
<td>cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1</td>
<td>tsp.</td>
</tr>
<tr>
<td><em>Garlic powder</em></td>
<td>½</td>
<td>tsp.</td>
</tr>
<tr>
<td><em>Onion powder</em></td>
<td>½</td>
<td>tsp.</td>
</tr>
<tr>
<td>Taco seasoning</td>
<td>½</td>
<td>cup</td>
</tr>
</tbody>
</table>

**Serving options**

- Elbow noodles, cooked: 1 quart cooked (8 ounces dry pasta)
- Tortilla chips: 1 pound
- Carrot and celery sticks: 32 sticks

**Preparation**

1. Boil potatoes and carrots until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Combine all ingredients in a blender (start with ½ cup of nutritional yeast) and blend until smooth.
4. If cheese is too thick add the reserved liquid ½ cup at a time, until desired consistency is reached.
5. Taste sauce and add more nutritional yeast for a “cheesier” flavor.
6. Serve with pasta, tortilla chips or vegetables.

**Serving Variation**

*Can use fresh garlic and onion if available for even more flavor.

Add one to two cans of Rotel to the nacho cheez sauce to make a queso-style dip.

**Nutrition Information** per serving *From USDA Nutrient Database*

- Calories: 95
- Total Fat: 5g
- Saturated Fat: .6g
- Monounsaturated Fat: 3.3g
- Polyunsaturated Fat: .5g
- Trans Fat: 0g
- Cholesterol: 0mg
- Carbohydrate: 9g
- Fiber: 2.3g
- Total Sugar: .7g
- Protein: 3.6g
- Sodium: 428mg
- Vitamin A: 152 μg
- Vitamin C: 8.1mg
- Calcium: 6mg
- Iron: .5mg
- Folate: 6 μg