



5 SAUCES

Add Flavor and Nutrition.

By Chef Kim Blair

OIL FREE TERIYAKI

½ cup pineapple, fresh chopped
½ cup zucchini, peeled and chopped
2 Tbs coconut aminos
2 Tbs tamari (or 1 tsp miso)
2 Tbs lemon juice
2 Tbs rice vinegar
2 garlic cloves
1 tsp turmeric, fresh
1 tsp ginger, dried 1 T fresh
1 tsp maple syrup (or 1 date)
water

Blend all ingredients until smooth. This dressing can be tossed with shredded cabbage, broccoli and carrots to make an Asian slaw. Or use as a stir fry sauce or over a bowl of grains and veggies for an Asian flavor. Also nice drizzled over roasted sweet potatoes, asparagus and Brussel sprouts.

RAW MARINARA

1 cup sun dried tomatoes, soaked to soften

4 roma tomatoes, chopped

1 Tbs lemon juice

1 Tbs olive oil

1 garlic clove or ½ tsp powder

¼ cup onion, chopped

1 Tbs coconut aminos

1 Tbs fresh basil or 1 tsp dried

Pinch salt

Pinch coconut sugar (optional)

Blend all ingredients until a smooth sauce is reached.

Stir the sauce before serving raw, as water from tomatoes will separate.

This can also be warmed gently. Serve over pasta and veggie noodles, in lasagna or mixed with quinoa and stuffed into peppers or mushrooms. Keep in refrigerator for 7 days or freeze.

TURMERIC DRESSING

1 cup cashews or hemp seeds
2 Tbs fresh turmeric
2 dates
¼ cup rice vinegar
2 cups water
1 Tbs Dijon mustard
Salt and black pepper to taste

Blend everything together until smooth. Keeps for a week refrigerated and can be frozen.

*This dressing is slightly sweet. It is tasty over mixed greens, roasted veggies and grain. It would make a nice sauce for raw veggie noodles or as a dressing for slaw or chopped salads. It will likely thicken in the refrigerator and may need to be gently warmed or bring to room temp. Thin with water if needed.

LEMON MINT PESTO

3 cup spinach
1 lemon juiced
2 stems of mint, leaves only
½ to 1 avocado
¼ cup water
¼ cup pine nuts
Pinch salt

Blend everything together until smooth. Keep refrigerated for up to 7 days. This can be frozen.

This pesto is light and refreshing, best eaten cool. Use over chilled green beans, asparagus, spiral zucchini or cucumber, as a dressing for greens and grains or try stuffing cherry tomatoes or mushrooms.

CASHEW RED PEPPER SAUCE

2 red bell peppers, chopped

1 tsp smoked paprika

1 Tbs honey

2 Tbs lemon juice

½ cup cashews

¼–½ cup water

Combine everything in a blender and blend, start on low and work up to high until smooth and creamy. Start with ¼ cup water and add more if desired to reach dressing consistency. Use thick as a dip for veggie sticks. This can be frozen, but will keep for a week refrigerated.

Use this flavorful dressing over fresh salads, quinoa, roasted veggies or veggie noodles.



Chef Kim Blair believes healthcare starts in the kitchen.

As a wellness chef, cooking instructor and food coach with over twenty years of experience using healthy alternatives and real food to prevent and reduce illness, she shares her knowledge and passion through individual and group classes.

When you learn how to incorporate more whole food plant-based meals into your day, you lose weight, gain energy, your body begins to repair itself and you experience greater health.

To work with Kim, visit

<https://Blairculinarywellness.com> and receive \$20 discount if you mention this e-book.

For more recipes visit <https://rawchefkim.com>

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