



## Cashew Basil Sauce

This yummy sauce can be eaten as a dip for raw veggies, or poured over veggies and meat for a complete dinner, as described below.

### Ingredients

- 2 cups raw cashews, soaked for at least 20 minutes
- 2 cups fresh water (not the soaking water). If you like a thicker sauce, start with 1 cup of water and add more until you reach your desired consistency.
- 2 cups fresh basil leaves
- 2 Tb nutritional yeast
- ½ Tb sea salt
- 1 Tb chopped garlic
- juice of ½ a lemon

### Method

1. Drain the cashews. Then put cashews plus all remaining ingredients in a blender. Blend until smooth and creamy.
2. Add salt to taste.
3. That's it!

## Template for a Summer Dinner – serves 6

### Ingredients

- Cashew Basil Sauce, above
- 8 lbs. of zucchini or summer squash
- 1-2 Tb. Coconut oil
- 1 lb. of any protein you like – sausage, ground beef, shrimp, tempeh, etc.

### Method

1. Spiralize zucchini or squash, then sauté in coconut oil until tender...about 5 minutes.
2. Use a slotted spoon to move squash from the skillet to a serving dish, leaving moisture behind.
3. Cook (or re-heat) your protein of choice, then place it on top of the squash.
4. Pour Cashew Basil Sauce over everything, toss if you like...and dig in!