

Carrot Cheese Sauce Recipe

Heart Health

Items Needed: medium size saucepot, measuring cups, measuring spoons, blender, knife and cutting board.

Makes: 6 servings

Ingredients:

- 1 ½ cup of chopped carrots
- ½-1 cup of carrot water reserved
- ¼ cup nutritional yeast
- ¼ tsp granulated garlic
- ¼ tsp onion powder
- Salt and pepper to taste
- (can leave cheese out or add a sprinkle of cheddar cheese a splash of cream for taste, all optional.)

Directions:

1. Dice carrots into large portion sizes, place in a saucepot and cover with water.
2. Simmer until well cooked, reserve a cup of the cooking liquid and drain off the rest of the water.
3. Add carrots, ½ of the water, nutritional yeast, garlic and onion powder to the blender and puree until smooth and creamy. Add water as necessary, finish with cheese or cream if you wish.
4. Season with salt and pepper to taste and use in place of any cheese sauce.

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