

PESTOS AND OTHER VEGETABLE AND HERB SAUCES

PESTOS: Process together:

3 cups vegetables and herbs: spinach, arugula, basil, kale and/or parsley (in any combination)

$\frac{3}{4}$ cup good quality oil: avocado, walnut or Extra Virgin Olive Oil

3 to 4 cloves garlic, minced

$\frac{1}{2}$ cup freshly grated cheese: parmesan, asiago, pecorino, Romano

$\frac{1}{4}$ cup toasted nuts: pine nuts, walnuts, almonds, pistachios (any favorite nut in any combination)

Optional: 2 Tbsp. Butter, inclusions of other herbs and spices

OTHER SAUCES AND DIPS TO ENHANCE FLAVOR

Yogurt Sauce and Dips: tzatziki, Indian Raita dressing, curried and spiced yogurt dressings

Flavored Mayonnaises: sriracha mayonnaise, pesto mayonnaise, curried mayonnaise, green chili mayonnaise

Gremolata: Italian parsley with garlic and lemon juice flavors olive oil

Olive Tapenades or Butters: truffle, bleu cheese, nut combinations, pepper combinations

Tomato and Roasted Red Pepper Sauces and Dips: roasted garden vegetables are processed into a crunchy or creamy dip depending on addition of liquid

Asian Dipping Sauces: soy, tamarind, chutney, curries, hoisin, ginger, hot red pepper

Marinades and Grilling Sauces: BBQ, Korean, yogurt, Italian dressing, French "Mother" Sauces, etc.

Salsas of every description

Vegetable Purees with broths or creams