

Crispy Potatoes with Vegan Nacho Sauce

Better Homes and Gardens magazine - January 2015

Servings: 4

2 pounds mixed baby potatoes, halved
3 tablespoons canola oil
1 cup raw, unsalted cashew nuts, soaked overnight and drained
3 tablespoons lemon juice
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon sweet paprika
1/2 teaspoon garlic powder
1 teaspoon coarse sea salt
1/4 cup nutritional yeast
1/2 jalapeno chile pepper, seeded and chopped

Preparation Time: 15 minutes

Preheat the oven to 450 degrees,

In a bowl, toss the potatoes with the oil, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. On a rimmed baking sheet, spread the potatoes evenly. Roast for 30 minutes until golden and crispy, stirring once.

In a blender, puree the cashews, lemon juice, chili powder, cumin, paprika, garlic powder, sea salt, yeast and jalapeno with one cup of water until smooth.

Transfer the mixture to a two-quart saucepan. Heat on medium-low, stirring occasionally, for 5 minutes or until warm. (Makes about 1-2/3 cup.)

Transfer to a bowl and serve with the roasted potatoes.

Start to Finish Time: 45 minutes

You may refrigerate the sauce up to one day. This sauce is also good with tortilla chips, roasted cauliflower, etc.

Per Serving (excluding unknown items): 97 Calories; 10g Fat (92.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	97	Vitamin B6 (mg):	trace
% Calories from Fat:	92.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	6.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	10g	Folacin (mcg):	3mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 4mg
Potassium (mg): 32mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 118IU
Vitamin A (r.e.): 12RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 97 **Calories from Fat:** 90

% Daily Values*

Total Fat	10g	16%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	
<hr/>		
Vitamin A		2%
Vitamin C		11%
Calcium		0%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.