



### **NA'CHO EVERYDAY CHEESE DIP**

½ cup raw cashews (soak for 1 hour, then drain before use)  
4 oz. jar pimientos, rinsed & drained or use a chopped red pepper (reserve small amount for garnish)  
¼ cup nutritional yeast  
3 tablespoons fresh lemon juice  
2 cloves of garlic, chopped  
2 tablespoons water (may need a *little* more to thin out mixture)  
¼ cup chopped onion  
Sea salt to taste  
¼ teaspoon ground cayenne

**Directions:** Blend all ingredients in food processor (or blender) until smooth. Pour into bowl & garnish. Best at room temperature with raw veggies or tortilla chips. Also great on chili or a baked potato.

### **LEMON SPINACH BEAN DIP**

1 bag of 16 oz. frozen spinach  
2 cloves garlic, minced  
1 Tbsp olive oil  
The juice of 1 lemon  
1 can of Cannellini beans, rinsed and drained well  
1 Tbsp. nutritional yeast  
Sea salt and freshly ground black pepper to taste

**Directions:** Sauté spinach in olive oil. When the liquid is reduced, add garlic. Sauté another moment, let cool. Place everything in food processor & pulse to desired texture. Serve with raw veggies.

### **MAKE YOUR OWN TACO or TACO SALAD (6 Servings)**

2 tomatoes, seeded & chopped  
1 head lettuce, shredded  
1 onion, diced  
1 jicama, diced  
1 avocado, diced or homemade guacamole  
1 can black beans, rinsed and drained well  
1 lb ground turkey, sauteed, or 1 lb sliced, grilled, chicken breast (optional)  
1 Tbsp extra virgin coconut oil  
Nutritional yeast (for a non-dairy cheesy flavor)  
plain non-dairy or dairy Greek yogurt (subbing for sour cream)  
Chili seasoning or use garlic & cayenne powder  
Organic taco shells or tortillas

**Directions:** Put first 5 ingredients in serving dishes & place on table. Saute poultry in oil with seasoning – place on table. Separately saute beans in oil with seasoning. Place on table. Assemble like a taco or eat as a salad.