



2495 Caring Way, Suite C
Port Charlotte, Florida 33952
doctordulaney.com

Jaimela J. Dulaney, M.D., PA

Our Heart "Beets" Plant Strong

Jami Dulaney, M.D.

Office: 941-235-9231
Fax: 941-235-9236
info@doctordulaney.com

Butternut Squash Cheese Sauce

Ingredients:

- 1 butternut squash
- 1 Tbsp chopped garlic
- 1 Tbsp. Soy sauce
- 2 tsp lemon juice
- 2 Tbsp. apple cider vinegar
- 3 Tbsp. nutritional yeast (add more with taste to make cheesier)
- 2 tsp cumin
- 1 Tbsp. smoked paprika
- $\frac{3}{4}$ cup original, plain almond milk/soy milk

Directions:

1. Slice and dice a full butternut squash.
2. Put your diced squash and garlic in a pot of water, bring to a boil, and cook until the squash is very tender.
3. Ladle off about 2 cups of the water and then added the contents into my blender, plus the vinegar and the almond milk/soy milk.
4. Blend until smooth. Then add your spices to taste.

**Pairs well with sauteed kale + penne pasta (GF lentil/chickpea OR regular) for a quick, balanced and nutrient dense dinner that is perfect for Fall!*

SAUCE SERVINGS: 6

PER SERVING: Calories = 73; Total fat = 0.4 g; Total Carbohydrates = 16.4g; Protein = 3.6g (with almond milk); Sodium = 107 mg; Fiber = 3g.