



## CHEAT SHEET

### 3 Quick and Easy No-Cook Sauces

Tasty, nutrient-packed sauces are one of the key components of clean eating. You can easily mix and match simply prepared proteins such as chicken, eggs, meats, seafood and even beans with seasonal vegetables and a little fat for a quick and healthy meal. But that gets pretty boring without some kind of tasty seasoning. Learning how to whip up an easy sauce will keep your palate (and your family!) much happier about eating clean. Unfortunately, the classic core sauces often contain wheat flour, dairy products, or both, so if you are avoiding either of those food groups you can't rely on a traditional béchamel or other cream sauce. The good news is there are plenty of other tasty options for sauces, many of them much less fussy to make than the "classics". Try these 3 easy no-cook options to spice up a plain meal. Because they never hit the stove they are perfect for hot summer nights, but will come in handy all year round.

#### 1. Quick and Creamy Peanut Sauce

¼ cup organic unsweetened peanut butter (or almond butter)

¼ cup coconut milk (canned, light or full-fat – your choice)

2 tablespoons fresh-squeezed lime juice

3 tablespoons chicken broth (or water)

2 teaspoons low-sodium, gluten-free tamari

2 teaspoons coconut nectar (or stevia drops)

Salt and fresh ground pepper, to taste

Few pinches cayenne pepper, optional

Combine the peanut butter, coconut milk, lime juice, broth, tamari, coconut nectar, salt, pepper and cayenne, if using, and blend with an immersion blender or in a mini-blender until smooth. Rest for about 5 minutes to allow the flavors to meld.

Drizzle over grilled or roasted chicken, steamed or sautéed greens or broccoli, or toss with raw, spiralized or thin-sliced (with a vegetable peeler) summer squash for low-carb peanut "noodles".





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### 3 Quick and Easy No-Cook Sauces, cont'd.

#### 2. Fresh Herb Salsa

- 4 large, ripe heirloom tomatoes, finely chopped
- 1/3 cup finely chopped fresh cilantro
- 1/3 cup finely chopped fresh basil
- 2 cloves garlic, minced
- 3 tablespoons high quality olive oil
- Juice of 1/2 lime
- 3/4 teaspoon salt
- 1/2 teaspoon cracked black pepper
- Few pinches red pepper flakes, optional
- 2 pinches palm sugar, optional

Combine all ingredients from tomatoes through palm sugar, if using, in a large non-reactive bowl and toss gently to combine and coat. Rest for 10 minutes to allow flavors to meld.

Spoon finished sauce generously over cooked fish or scallops, over black beans or over a big green salad.

#### 3. Almost-Instant Curry Sauce

- 1 1/2 cups plain organic yogurt (pastured dairy or coconut)
- 1/2 cup fresh-squeezed orange juice
- 2 tablespoons minced fresh ginger root
- 2-3 teaspoons curry powder, to taste
- 3/4 teaspoon coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon cinnamon
- 1/2 teaspoon each salt and cracked black pepper
- Few drops stevia, optional

Combine all ingredients in a medium bowl and whisk together until smooth. Rest for about 5 minutes to allow flavors to meld.

Drizzle sauce over grilled or roasted lamb, grilled or baked white fish, steamed sweet peas or carrots, or over a large green salad with chick peas.

Helping You Make Tastier, Healthier Food in Less Time

