

SAUCES

Cilantro Pesto

Ingredients:

- Olive oil: 2 tablespoons
- Cilantro, leaves, fresh: ½ cup
- Jalapeño, seeded, chopped: 1 teaspoon
- Almonds, slivered: 1 tablespoon
- Lemon zest, optional: pinch

Directions:

- Add all ingredients into a food processor or blender
- Pulse to combine all ingredients
- Serve or store in air-tight container in the refrigerator

Nutrition:

- Number of servings: 1
- Fat per serving: 30.4g
- Net Carbohydrates per serving: 0.7g

Basil Pesto

Ingredients:

- Olive oil: 2 tablespoons
- Basil, leaves, fresh: ½ cup
- Pine nuts: 1 tablespoon
- Garlic, minced: 1 teaspoon
- Parmesan cheese, grated: ½ tablespoon

Directions:

- Add all ingredients into a food processor or blender
- Pulse to combine all ingredients
- Serve or store in air-tight container in the refrigerator

Nutrition:

- Number of servings: 1
- Fat per serving: 33.6g
- Net Carbohydrates per serving: 2.3g

Yum Yum Sauce (Japanese steakhouse white sauce)

Ingredients:

- Mayonnaise, regular: 3 tablespoons
- Butter: 1 teaspoon
- Tomato paste: 2 teaspoons
- Paprika: pinch
- Garlic powder: pinch
- Cayenne pepper: pinch
- Water: ½ teaspoon
- Stevia: for taste

Directions:

- Whisk tomato paste, melted butter, garlic powder, paprika, mayonnaise, sweetener, cayenne pepper and water together until smooth
- Cover and refrigerate

Nutrition:

- Servings: 1
- Fat per serving: 33.8g
- Net Carbohydrates per serving: 1.6g

Aioli

Ingredients:

- Garlic, minced: ½ teaspoon
- Egg yolk, large: 1
- Lemon juice: 1 teaspoon
- Dijon mustard, French's: ½ teaspoon
- Canola oil: 2 tablespoons
- Olive oil: 1 tablespoon
- Salt: to taste

Directions:

- Use back of spoon and work garlic and salt into paste
- In a medium bowl, whisk together garlic paste, egg yolk, lemon juice and mustard
- Whisking constantly, start adding the canola and olive oil in a slow and steady stream until oil is used and sauce is thick
- Use immediately or store in an air-tight container in the refrigerator

Nutrition:

- Number of servings: 1
- Fat per serving: 46.5g
- Net Carbohydrates per serving: 2.0g

Browned Butter Sauce

Ingredients:

- Butter: 2 tablespoons
- Sage, fresh or dry: ½ teaspoon
- Heavy whipping cream: ½ tablespoon
- Parmesan cheese, grated: 1 tablespoon
- Salt: to taste

Directions:

- In a small saucepan, melt butter and salt over medium-low heat
- Add sage and cook, stirring often until butter begins to brown (about 5 minutes)
- Stir in heavy cream and remove from heat
- Add parmesan cheese
- Top on meat, fish and/or vegetables

Nutrition:

- Number of servings: 1
- Fat per serving: 27.2g
- Net Carbohydrates per serving: 0.5g

Alfredo Sauce

Ingredients:

- Butter: 1 tablespoons
- Cream cheese, Philadelphia: 1 ounce
- Heavy whipping cream: 2 tablespoons
- Parmesan cheese, shredded: 1 tablespoon¹
- Garlic powder: ¼ teaspoon

Directions:

- Melt butter in sauce pan
- Add cream wheeze and whisk as you add the heavy cream
- Whisk until smooth adding cheese and garlic powder
- Simmer until heated through

Nutrition:

- Number of servings: 1
- Fat per serving: 27.4g
- Net Carbohydrates per serving: 2.0g