

Cashew Ranch Dressing (low-oil)

INGREDIENTS

1¼ cups (300 milliliters/about 180 grams) raw cashews, boiled for 5 minutes or soaked 4 or more hours in room temp water, then drained

¾ cup (180 milliliters) water

3 tablespoons (45 milliliters) lemon juice

2 tablespoons (30 milliliters) apple cider vinegar

1/3 cup (80 milliliters) extra virgin olive oil (can use water, but it won't be as flavorful or as convincing a substitute)

3 tablespoons (45 milliliters) agave syrup

2 cloves garlic

1 tablespoon (15 milliliters) onion powder

½ teaspoon (2.5 milliliters) kosher salt, or to taste

1 teaspoon (5 milliliters) dried dill



INSTRUCTIONS

1. Thoroughly blend all ingredients except the dill. When thoroughly blended, rub a bit of dressing between two fingers; if gritty, continue blending until no grit remains. Then, add dill and briefly blend, with the goal being able to still see green flecks in the dressing. The dill shouldn't be thoroughly blended in. Dried chives and parsley are also tasty additions to this dressing; add with dill, if using. This recipe is best if allowed to sit at least 1 hour in the refrigerator before serving. Most people who taste this find it to taste essentially exactly like buttermilk/traditional ranch dressings. Store in a 1-pint (0.5-liter) jar in the refrigerator and use within 7 days. This can also be frozen; thaw in the refrigerator before using. It is very thick after thawing.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 113, Total Fat 9.2 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 122 mg, Total Carbohydrate 6.9 g, Dietary Fiber 0.6 g, Sugars 3.5 g, Protein 2 g, Vitamin A 0%, Vitamin C 2%, Calcium 1%, Iron 4%

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