

# Cheezy Cauliflower Dip

Serves: 6

Modified from: [cookinglight.com](http://cookinglight.com)

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, saucepan, can opener, blender

## Ingredients:

- 4 cups chopped cauliflower (about 13 oz.) (from 1 head)
- 1 tablespoon olive oil
- 1/2 cup water
- 1/2 cup unsweetened almond milk
- 1/4 cup cashews, soaked in very hot water for 2 hours
- 1/4 cup nutritional yeast
- 1 teaspoon chili powder
- 1/2 tsp salt
- 1 teaspoon garlic powder
- Juice of 1 lemon
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/8 teaspoon mustard powder
- 1/4 cup canned diced tomatoes and green chiles, drained (such as Rotel)
- Cilantro leaves
- Tortilla chips or bell pepper strips, for serving

## Directions:

1. Bring a large pot of water to a boil. Break down the head of cauliflower into medium florets. Once the water is boiling, carefully place the cauliflower into the boiling water. Boil until the cauliflower is tender, 7-9 minutes. Carefully remove the cauliflower with a slotted spoon,
2. Combine water, almond milk, drained cashews, nutritional yeast, chili powder, salt, garlic powder, lemon juice, cumin, turmeric, mustard powder, and boiled cauliflower in a blender. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 90 seconds
3. Spoon queso into a serving bowl and stir in diced tomatoes and green chiles. Garnish with cilantro leaves. Serve with tortilla chips.

## Nutrition Information (per 1/3 cup dip):

Calories: 120 Fat: 8 g Carbs: 9 g Protein: 4.5 g Fiber: 2.5 g **Sodium:** 221 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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