

Dairy-free Queso

Preparation Time: 30 minutes

Cooking Time: 1 hour

- Preheat oven to 375°F (190°C)
- Equipment: high-power blender, baking sheets, parchment paper

Ingredients

6 servings

1 (15 g) whole jalapeno
1/2 head (25 g) garlic, tops removed
400 g white potatoes, peeled and roughly chopped (approximately 2 pcs)
250 g carrots, peeled and roughly chopped
3/4 tsp (2 g) chili powder
3/4 tsp (1 g) ground cumin
1/2 cup (125 ml) vegetable stock, low sodium
8 tsp (40 ml) extra virgin olive oil, divided
1/4 cup (15 g) nutritional yeast
2 tbsp (30 ml) lemon juice
3/4 tsp (2 g) salt
1/8 tsp black pepper

Garnish

1/4 bunch (5 g) chives, chopped
1 (90 g) roma tomato, seeds removed and diced

24 servings

3 (90 g) whole jalapenos
2 heads (100 g) garlic, tops removed
1.6 kg white potatoes, peeled and roughly chopped (approximately 8 pcs)
1 kg carrots, peeled and roughly chopped
3 tsp (8 g) chili powder
3 tsp (7 g) ground cumin
2 cups (500 ml) vegetable stock, low sodium
2/3 cup (160 ml) extra virgin olive oil, divided
1 cup (55 g) nutritional yeast
1/2 cup (125 ml) lemon juice
1 tbsp (10 g) salt
1/2 tsp black pepper

Garnish

1 bunch (20 g) chives, chopped
3 (360 g) roma tomatoes, seeds removed and diced

Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Arrange jalapenos and garlic on prepared baking sheet and drizzle 1/5 of the oil until well coated. Roast until jalapenos are slightly charred and garlic is soft, about 30 minutes for 6 servings and 45 minutes for 24 servings. Remove from oven and allow to cool slightly. Remove the skins from the garlic and mince the jalapenos. Set aside.
3. Meanwhile, fill a large stock with water, place a steam basket into ensuring that the water does not touch or fill the basket. Next, over medium-high heat bring water to a boil.

Once boiling add carrots and potatoes allow to steam until soft, about 15 minutes for 6 servings and 25 minutes for 24 servings. Set aside.

4. In a small sauté pan over medium heat, toast chili powder and cumin until fragrant, about 2 minutes. Set aside.
5. In a high powered blender add potatoes, carrots, roasted garlic, spices, vegetable stock, olive oil, nutritional yeast, lemon juice, salt and pepper and blend until smooth, about 8 minutes. Adjust consistency with additional stock or water if necessary.
6. Place into a serving bowl and top with chives and tomatoes and serve with homemade tortilla chips.

Tips:

- 1) For best results for the 24 servings blend the ingredients in batches and combine together after.
- 2) The sauce tends to thicken as it cools, and so the queso is best served warm. If stored, keep in a resealable container in the refrigerator and heat before serving. If needed, when reheating adjust with water or stock to meet the desired consistency of a queso.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) par 1/2 tasse (125 mL)	
Calories 150	% Daily Value* % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 320 mg	14 %
Potassium 550 mg	12 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 400 mcg	44 %
Vitamin C / Vitamine C 17 mg	19 %
Vitamin E / Vitamine E 1.25 mg	8 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: This is the dip to bring to your next shindig. It has all of the qualities needed for a show stopping dip: smooth, spicy, savoury, cheesy and cholesterol free. Aside from the healthy levels



of phytonutrients present in general, a ½ cup serving contains 4 g fibre and 44% of your daily vitamin A requirements, so dig in and celebrate your health.

Symbols: good for spring and summer, high source of fibre, good for bowel motility, gluten free, nut free, soy free, kid friendly, easy to swallow

Functional foods present: jalapeno, orange vegetables (carrots), allium vegetables (garlic, chives), spices, citrus fruit (lime), nutritional yeast, red fruits (tomatoes)

Examples of phytonutrients and anti-oxidants present: carotenoids (orange vegetables, tomatoes), allicin (garlic), vitamin C (citrus fruit, chives)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

"In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire."

– Amy Symington