

Carrot “Cheese” Dip

Adapted from *Veggie on a Penny*

Serves 4

Ingredients:

2 cups potatoes, medium dice
1 cups carrots, medium dice
1/2 cup reserved cooking liquid
1/3 cup olive oil
1 Tablespoon lemon juice
1 teaspoon mustard
1 clove garlic, minced
1/2 cup nutritional yeast flakes
1/2 teaspoon cumin
1/2 teaspoon chili powder
2 teaspoons salt
Pinch of cayenne (opt.)
1 green onion, thinly sliced

Tools Needed

Knife
Measuring Cups
and Spoons
Small Pot
Blender or Food
Processor
Serving Bowl
Rubber Spatula

Directions:

1. In a pot, add potatoes and carrots. Add water until veggies are just covered. Bring to a boil and cook until potatoes and carrots are soft. Reserve cooking liquid
2. In a blender, combine potatoes, carrots and remaining ingredients until smooth. Adjust seasoning to taste
3. Pour into a bowl and top with scallions. Serve with your favorite veggie sticks or chips

Other options: You may also stir in chopped tomato. Pour over elbow pasta for vegan mac & cheese.