

## Lo Cal Nacho Cheese sauce

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1 c squash=5 oz squash

*Be sure to use the FULL 1/3 cup of peppers because it is what gives it the flavor.*

*Can substitute 1/4 salsa for tomatoes if in a rush.*

8	oz	butternut squash	1/4	tsp	cayenne pepper
		peeled and diced	1	cup	Roma tomatoes, seeded and diced
2/3	cup	carrots, sliced 1/4 inch	1/3	cup	jalapeño peppers, minced
1/3	cup	water			
2	tsp	lemon juice			
1/3	cup	nutritional yeast	1	Tbs	jalapeno pepper juice from the jar
1/2	tsp	onion powder			
1/2	tsp	garlic powder			
1/2	tsp	salt			



### Procedure

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- 1 Bake the butternut squash until cooked. Place the carrots in a saucepan and add enough water to cover by 1 inch. Cover pan, bring to a simmer and cook until carrots are tender, 5-7 minutes. Drain, reserving water. Cool vegetables slightly.
- 2 Combine 1/3 cup reserved water and all ingredients except tomatoes in a blender or food processor.
- 3 Blend until smooth. Adjust thickness with reserved water as needed for pouring consistency, noting that sauce thickens when cool. Stir in tomato. Adjust salt as desired. Reheat briefly in microwave before serving.

Servings: 32    Yield: 2 cups (1 Tablespoon per serving)

### **Nutrition Facts**

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Nutrition (per serving): 9 calories, <1 calories from fat, <1g total fat, 0mg cholesterol, 40.1mg sodium, 54.5mg potassium, 1.7g carbohydrates, 1g fiber, <1g sugar, 1.2g protein.

Inspired by HSUS recipe:

<https://idahopotato.com/recipes/overloaded-vegan-baked-potato>