



4 Servings



roasted artichokes with creamy dairy free "cheese" sauce

Ingredients

artichokes	2 medium
olive oil	2 Tbsp
garlic, crushed	1/4 cloves
rosemary, fresh	1/3 Tbsp
lemons	1 whole
cashews (raw)	1/2 cup(s)
coconut milk	1/2 Cup(s)
dijon mustard	1 tsp
nutritional yeast	2 tablespoons
salt & pepper	1/2 teaspoons

Nutrition Totals

Calories 773 / **Carbs** 55 g / **Protein** 23 g / **Fat** 54 g / **Fluid** 7.34 fl oz

Instructions

Roasted Artichokes

1. Rub the entire artichoke half on all sides with a lemon wedge (to help prevent browning)
2. Brush the artichokes with olive oil Then place them cut-side-up in a baking dish, or on a baking sheet.
3. Fill the artichoke cavities with garlic and rosemary. We recommend packing these as full as possible for maximum flavor. .
4. Flip the artichokes over. Then brush again with olive oil, season once more with salt and pepper (optional)
5. Roast! First, uncovered for about 10 minutes, so that the edges can get browned and crispy. Then, remove the pan and cover loosely with foil, and let the artichokes continue to cook until they are tender. You will know that they are ready when the leaves pull off easily, and a knife can be smoothly inserted in the base of the stem. Cooking time will totally depend upon the size of your artichokes.
6. Drizzle with lemon juice.

Creamy Dairy Free 'Cheese' Sauce

1. Strain the water from the soaked cashews and pour cashews into a blender or food processor
2. Add coconut milk, dijon, yeast & salt, and blend until creamy and well combined, scraping down the sides of the blender/food processor as you process



Nutrition Label

Roasted Artichokes With Creamy Dairy Free "cheese" Sauce		
Amount Per Serving		
Calories		193
% Daily Value*		
Total Fat 13.5g		21%
Saturated Fat 1.9g		10%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 94mg		4%
Total Carbohydrates 13.6g		5%
Dietary Fiber 3.9g		16%
Total Sugar 2.5g		
Protein 5.7g		
Vitamin D 0IU		0%
Calcium 28.2mg		3%
Iron 0.8mg		5%
Potassium 236.8mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.