These recipes are Jumpstart- or Esselstyn-compliant (VLF WFPB).

GEE WHIZ ROASTED RED PEPPER SPREAD
(adapted from Jo Stepaniak)

1 can white beans, drained (about 2 cups cooked beans)
½ cup pimiento or roasted red pepper pieces, drained
⅓ cup nutritional yeast flakes
1 tbsp fresh lemon or lime juice
½ tsp onion powder
½ tsp prepared yellow, brown or Dijon mustard
½ tsp salt
½ tsp smoked paprika (optional, but gives nice smoky taste)

Place all ingredients in a food processor fitted with the metal blade, and process until the mixture is completely smooth. The finished product should be thick, smooth, and creamy, with an orange color. Serve immediately, or put in storage container and chill.

Nutritional yeast is a powder/flake substance available in bulk at natural food stores; it may be available in a jar under the Bragg's or Red Star name brand, or in a bag under the Bob's Red Mill name, at supermarkets. It's high in minerals and B vitamins and has a delicious cheesy flavor. Don't confuse with baker's or brewer's yeast.

Smoked paprika is available in the bulk section at natural food stores, and may be found with the herbs and spices at your supermarket.

VEGAN QUESO SAUCE
(forksoverknives.com)

1 cup regular rolled oats
¼ cup nutritional yeast
2 tablespoons cornstarch
1 teaspoon sea salt
1 7-oz. jar roasted red peppers, undrained
2 tablespoons finely chopped onion
1 tablespoon cider vinegar or lemon juice
1 to 2 teaspoons bottled hot pepper sauce

Bring 2 cups water to boiling. Meanwhile, in a regular or high-speed blender place the first four ingredients (through salt). Pulse to combine. Add the next four ingredients (through hot sauce). Add the boiling water. Cover and blend on low until combined. Increase speed to high and blend 5 minutes. Sauce will thicken as it blends. Serve immediately.

Transfer any leftovers to an airtight container. Store in the refrigerator up to 1 week. Reheat sauce in a saucepan over low, stirring in water as needed to reach desired consistency.

STOVETOP BROCCOLI MAC AND CHEESY
(robinrobertson.com) (from Robertson's *100 Best Vegan Recipes*)

12 ounces elbow macaroni or other bite-sized pasta
4 cups small broccoli florets
3/4 cup nutritional yeast
1/3 cup all-purpose flour
2 cups plain unsweetened almond milk
1 tbsp soy sauce
1 tbsp fresh lemon juice
Salt and freshly ground black pepper

Cook the macaroni in a pot of boiling salted water, stirring occasionally, until it is al dente. During the last 2 or 3 minutes of the cooking time, add the broccoli to the pasta and cook until it is almost tender.

In a saucepan over medium heat, combine the nutritional yeast and flour, and cook, stirring, for 1 minute. Slowly add the almond milk, stirring until smooth. Add the soy sauce, lemon juice, and salt and pepper to taste. Continue stirring until smooth and thickened.

When the pasta and broccoli are cooked, drain and return to the pot. Add the reserved sauce and stir until well mixed. Serve hot.

REALLY CHEESY FAT-FREE VEGAN CHEESE DIP
(adapted from Jill McKeever, simpledailyrecipes.com)
(Makes about 2½ cups)

½ cup rolled oats
¼ cup nutritional yeast
2 tbsp cornstarch
2 tbsp lemon juice
1 tsp salt
¼ cup roasted red bell pepper
¼ cup yellow onion
2 cups water

Place all ingredients in a blender
and process several minutes until very smooth and well blended. Pour into a saucepan, cook and stir until thickened.

CHEESY DRESSING
(A. Pulde & M. Lederman, *Forks Over Knives Family*)

This versatile sauce is excellent tossed with veggies or with chips, pita bread, and anything else you or your kids like to dip. You can also mix leftover sauce with warm cooked pasta for a quick mac and cheese, or use it as a cheesy spread in wraps and sandwiches. It's a good standby for packed lunches with celery or carrot sticks. White miso is fermented for a shorter period than other varieties of miso and therefore is milder and less salty. It contributes to the cheesy flavor. The optional turmeric adds nice color.

- 1 pound trimmed cauliflower, cut into 1-inch florets
- 1 medium Yukon Gold potato, cut into ½-inch dice
- 2 small garlic cloves
- 1/8 teaspoon ground turmeric (optional)
- ½ cup nutritional yeast
- 2 teaspoons white wine vinegar
- ½ teaspoon dried marjoram
- ½ teaspoon mild white miso (optional)
- ¼ teaspoon prepared yellow mustard
- Salt and freshly ground black or white pepper
- ½ cup unsweetened, unflavored plant-based milk, or as needed

In a large saucepan, place the cauliflower, potato, garlic, turmeric (if using), and 1 cup water. Bring to a boil over medium heat, then reduce the heat and simmer until the vegetables are very tender, about 10 minutes. Remove the pan from the heat and set aside until very warm, but not piping hot.

Transfer the cauliflower mixture with all its liquid to a blender. Add the nutritional yeast, vinegar, marjoram, miso (if using), mustard, and salt and pepper to taste. Blend until creamy and smooth, adding milk as necessary to achieve the desired consistency. Serve at once.

SWEET POTATO NACHO CHEESE (adapted from connoisseurusveg.com)

- 1 medium sweet potato, peeled and diced into ½ to 1 inch cubes
- ¼ cup plant milk
- 3 tbsp nutritional yeast flakes
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 tbsp sriracha sauce (or to taste)
- 1½ teaspoon garlic powder
- Dash coconut extract (optional)

Place the sweet potato cubes into a medium saucepan and cover with water. Place the pot on stove over high heat and bring to a boil. Lower the heat and allow to simmer until soft, about 15 minutes. Drain and allow the potatoes to cool a bit.

Place the sweet potato and all remaining ingredients into a food processor bowl. Blend until smooth, stopping to scrape down sides of the bowl as needed. Taste test and adjust seasonings as needed. Blend again. Serve with chips.

Recipe Notes:
Makes about 2 cups. This makes a very thick batch. If you'd like yours thinner, add water or un-flavored non-dairy milk until desired consistency is reached.

AMAZING VEGAN CHEESE SAUCE
(brandnewvegan.com)

- 16 oz Yukon Gold potatoes (about 3 medium)
- 1-2 large carrots
- ½ cup water (to boil potatoes)
- ¼ cup nutritional yeast
- 2 tbsp nutritional yeast (in addition to above)
- 2 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp brown mustard
- ¼ tsp turmeric

Wash and scrub both potatoes and carrots, peel if desired and chop into uniform pieces and boil for 10 minutes. OR…..

INSTANT POT: Simply add them to your Instant Pot with 1 cup of water. Set to MANUAL and cook for 7 minutes. Allow to naturally release for 10 minutes before opening lid.

Let rest for 5 minutes and then with a slotted spoon, transfer the veggies to your blender.

Add ½ cup potato water and pulse to mix.

Add remaining ingredients and blend until smooth and creamy.♦