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# Quick Melt Cheese

*Yields: 3 cups*

## **Ingredients:**

1 cup water  
2 oz pimentos  
¼ cup nutritional yeast  
½ cup cashews  
2 tbsp. arrowroot powder or cornstarch  
1 tbsp. oats  
2 tsp. salt, to taste  
¼ cup onion, chopped

1 ½ cups water

## **Directions:**

Blend the first eight ingredients until smooth.

Bring the water to a boil in a saucepan.

Turn heat to low and add the blended mixture to the saucepan.

Simmer, stirring constantly with a whisk until thickened. The heat may need to be increased to medium for a moment, just until the sauce thickens.

This is a quick and easy sauce for topping baked potatoes, steamed broccoli, pasta, vegetables, casseroles or chips.

2 T serving 22 calories. 1 gram fat; 149 sodium; 2 grams carbs; 1 gram fiber; 0 sugar; 1 gram protein