

Snapped Up: Veggie Fondue



Lunch or Dinner Serves 2

Who likes to play with their food?
Everybody. Especially during parties.

Get your family or guests helping by chopping up veggies for roasting, steaming, or eating cold. The more colors, the better.

Serve fondue in one big bowl or in smaller, personal bowls for individual dipping.

This recipe makes the most out of ingredients already in your cupboard or bins. No cheese? No problem. Using Nutritional Yeast as a cheese substitute is not only cheaper, *but adds a substantial amount of vitamins and minerals* that cheese does not supply as well as eliminating tons of oil from your diet.

*Good for one.
Great for many.*

INGREDIENTS

FONDUE SAUCE

- $\frac{1}{3}$ cup raw, **unsalted cashews** *soaked*
- 2 teaspoons **cornstarch**
- $\frac{1}{4}$ (15-oz) can **chickpeas** ($\approx \frac{1}{2}$ cup undrained)
- $\frac{1}{4}$ cup white wine or **vegetable broth**
- 2 tablespoons **nutritional yeast**
- 1 teaspoon **miso**
- $\frac{1}{2}$ teaspoon **garlic powder** or one minced garlic clove
- 1 cup unflavored **milk**

Salt

DIPPABLES

1 cup each of roasted carrots, potatoes, beets, broccoli, and/or cauliflower.

Vegetable oil for coating.

1 cup bite sized pieces of sour dough bread

Fresh (cold veggies such as asparagus and bok choy are also ok to have ready)

TOOLS USED:

- Small pot
- Cookie sheet

DIRECTIONS:

1. Wash and cut vegetables into bite sized pieces.
2. Lightly toss with oil to coat.
3. Roast at 450 degrees for 30-40 minutes until browned.
4. While the veggies are roasting, mix cornstarch with 2 tablespoons of water and allow to soak 5 minutes.
5. Blend in a food processor **cashews, chickpeas, vegetable broth, nutritional yeast, miso, garlic powder, milk, and salt.**
6. Add the above to a pot along with **corn starch/water mixture** and bring to boil to thicken.

SERVE:

Use wooden BBQ sticks to stab veggies or bread and dip into the sauce.

1 Serving of Veggie Fondue

General			
Energy	555.4	kcal	75%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	482.1	g	18%

Carbohydrates			
Carbs	82.8	g	101%
Fiber	15.3	g	73%
Starch	46.7	g	No Target
Sugars	17.6	g	No Target
Sugar Alcohol	0.3	g	No Target
Net Carbs	67.2	g	110%

Lipids			
Fat	17.6	g	65%
Monounsaturated	8.4	g	No Target
Polyunsaturated	3.7	g	No Target
Omega-3	0.1	g	6%
Omega-6	3.6	g	33%
Saturated	2.8	g	n/a
Trans-Fats	0.0	g	0.002 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	23.7	g	39%
Cystine	0.4	g	57%
Histidine	0.5	g	47%
Isoleucine	0.8	g	59%
Leucine	1.3	g	46%
Lysine	1.0	g	36%
Methionine	0.3	g	45%
Phenylalanine	0.9	g	79%
Threonine	0.8	g	57%
Tryptophan	0.3	g	72%
Tyrosine	0.5	g	44%
Valine	1.0	g	58%

Vitamins			
B1 (Thiamine)	5.6	mg	505%
B2 (Riboflavin)	5.3	mg	483%
B3 (Niacin)	33.8	mg	241%
B5 (Pantothenic Acid)	2.3	mg	45%
B6 (Pyridoxine)	5.7	mg	378%
B12 (Cobalamin)	4.0	µg	166%
Biotin	10.4	µg	35%
Folate	421.9	µg	105%
Vitamin A	14152.9	IU	607%
Vitamin C	30.9	mg	41%
Vitamin D	50.4	IU	8%
Vitamin E	6.0	mg	40%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.1	mg	No Target
Gamma Tocopherol	3.0	mg	No Target
Vitamin K	66.0	µg	73%

Minerals			
Calcium	380.0	mg	47%
Copper	1.3	mg	148%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	8.5	mg	106%
Magnesium	209.2	mg	65%
Manganese	2.1	mg	115%
Molybdenum	0.0	µg	0%
Phosphorus	562.1	mg	80%
Potassium	1977.9	mg	42%
Selenium	34.9	µg	63%
Sodium	679.7	mg	52%
Zinc	6.2	mg	77%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.