



Cashew Queso Dip

SERVING: 1 / 4 CUP
YIELD: 6

PREP TIME: 15 MINS
TOTAL TIME: 15 MINS

Ingredients

- 1 cup Cashews, halves and pieces
- 2 cups Water
- 1 piece Chipotle Pepper in Adobe Sauce (Ex. La Costena or San Marcos Brands) or 1 tbsp Hot Sauce
- 2 tsp Minced Garlic, or 4 small garlic cloves
- 1 tbsp Lemon Juice
- 1 tsp Chili Powder
- 1 tsp Cumin Powder
- 1/4 tsp Smoked Paprika
- 1/4 cup Nutritional Yeast
- 1/4 cup Parmesan Cheese, grated
- 1/2 cup Shredded Cheese made with 2% milk
- 1 cup 1% milk or Unsweetened Soymilk

Toppings

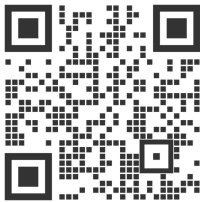
Chopped Jalapeno
Cilantro
Chopped Red Bell Pepper
Red Pepper Flakes

Directions

- 1.Place cashews and water in a medium pot, bring to a boil, and continue boiling for 10 minutes. Drain and rinse before proceeding.
- 2.Place 1 piece of chipotle pepper in a high-powered blender. Blend. Add minced garlic, lemon juice, chili powder, cumin, smoked paprika, nutritional yeast, parmesan cheese, shredded cheese, milk, and cashews. Blend on low then high speed until very smooth—about two minutes.
- 3.Place contents from blender into microwavable safe bowl. Heat for 20 seconds. Add toppings as desired and serve. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1/4 cup (0.0g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0.5mcg	2%
Calcium 170mg	15%
Iron 1.6mg	8%
Potassium 200mg	4%
* 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.	

*Cost information includes lower cost ingredients found at local grocery store 2/10/23.



Cost Per Recipe	Cost Per Serving
\$3.55	\$0.59



Western Mixers Produce & Nuts, Inc.

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Cashews



Nutritional Analysis Nutrient Per 100g

Protein (g)	17.0
Potassium (mg)	550
Sodium (mg)	11.0
Dietary Fiber (g)	5.9
Carbohydrates (g)	16.8
Fat, total (g)	49.2
Glycemic Index	22
Magnesium (mg)	250

Nutrition facts

Cashews are an unusual nut. They are actually a seed that is grown on the outside of the cashew apple. The Cashew shell contains a natural chemical acid, so Cashews are never sold in their shells. Kidney shaped with a delicate flavor and a slightly spongy-firm texture, Cashews are considered a high fat and calorie food, but when eaten in moderation, are very healthy.

Consuming a handful of Cashews every day (30—50g), as a part of a healthy diet, may reduce your risk of heart disease, type-2 diabetes and may

help with overall weight management.

Naturally low in chemicals—Cashews are the one nut that people following an elimination diet for food intolerance are allowed. Cashews have low levels of natural food chemicals that some may be intolerant to. They are best in this instance when eaten raw.

A 30g serving of Cashews nuts is equivalent to approximately 15 whole nuts or 30 halves. Packed with vitamins, minerals, antioxidants and phytochemicals beneficial to health.

Have you had your handful today?

Selection and storage

Cashews are available in the markets year round. Many forms are available: Raw, Salted, Roasted, Sweetened, Chopped, etc. Look for crisp, plump and meaty kernels. Store nuts in an airtight container in the refrigerator or freezer. Nuts can be refrigerated for up to 4 months and frozen for up to 6 months. Return nuts to room temperatures before eating.

Include in Your Diet:

- Try making your own Cashew Butter !
- Perfect as a pre-dinner snack
- Toss into salads for added crunch
- Great finishing touch for Stir-fry and extra flavor
- Roasted as a side dish with your favorite curry

Health Benefits

Excellent source of copper—a handful of Cashews provides more than half of the daily intake for women and more than one third for men. Copper helps the body use iron and is important for nerve function, bone growth and glucose metabolism.

Rich in Magnesium—A handful of Cashews supplies around 20—25% of daily re-

quirements, Magnesium also plays a vital role in energy generation.

Heart benefits—About 75% of the fat in a Cashew comes from unsaturated fat or oleic acid. Oleic acid is the same acid found in heart-healthy olive oil. Oleic acid is credited for lowering triglycerides-fats that are carried through the blood stream and are known to

raise the risk of heart disease.

Plant Iron, Zinc & Plant Protein—Zinc play many roles but is particularly important for healthy skin & hair, reproduction and a healthy immune system. Cashews are an ideal choice for vegetarians or anyone wanting to eat less animal protein. So remember to eat 2 servings of fruit, 5 servings of veggies and a handful of nuts!