

Make Your Own Summer Sauces

September 2020



Lemon Basil Sauce

Yields: about 1/2 cup

Recipe adapted from epicurious.com

1 cup loosely packed fresh basil leaves
2 tablespoons freshly squeezed lemon juice
1 teaspoon lemon zest
1/4 cup extra virgin olive oil
1/4 teaspoon sea salt

Serving ideas:

- Topping for grilled chicken or fish
- Salad dressing
 - try spinach, strawberry and goat cheese

Place all of the ingredients in a food processor and process until well blended.

Mango Salsa

Yields: about 3 cup

2 cups mango, pitted, peeled, diced
1 cup red bell pepper, deseeded, diced
2/3 cup green onion, thinly sliced
1/4 cup cilantro, roughly chopped
2 tablespoons freshly squeezed lime juice

Serving ideas:

- Topping for roasted fish
- Top cuban black beans and rice
- Add to bean, chicken or fish tacos

Combine all of the ingredients together in a bowl. Mix well.

Creamy Hummus Dressing

Yields: about 1/2 cup

1/3 cup hummus (store-bought or DIY)
1 clove garlic, minced
2 tsp fresh dill
2 Tbsp freshly squeezed lemon juice
Water to thin

Serving ideas:

- Drizzle over roasted or grilled vegetables
- Drizzle over salad

Combine all of the ingredients together in a bowl. Mix well.

