Great 'n Easy Gazpacho

Recipe By: Allyson Ben-Israel

"I find that this recipe is just so easy! Even better with a food processor. Great way to eat loads of veggies. One of my favorites!"

Ingredients

- 1 onion, finely chopped
- 1 cucumber, finely chopped
- 1 green bell pepper, finely chopped
- 1 yellow bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 3 stalks celery, finely chopped
- 2 (14.5 ounce) cans whole peeled tomatoes
- 1/2 cup tomato juice
- 2 tablespoons white vinegar
- 1 tablespoon olive oil
- 1 teaspoon crushed garlic
- salt and ground black pepper to taste

Directions

1. Combine onion, cucumber, green bell pepper, yellow bell pepper, red bell pepper, celery, tomatoes, tomato juice, vinegar, olive oil, and garlic in a large bowl. Blend tomatoes with an immersion blender until mostly smooth. Season with salt and black pepper. Chill in refrigerator to blend flavors, at least 2 hours.

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SKINNY ALFREDO SAUCE MADE WITH CAULIFLOWER

yield: 3+ CUPS  total time: 20 MINUTES  prep time: 10 MINUTES  cook time: 10 MINUTES

Trade out your beloved calorie-laden alfredo sauce for this skinny alfredo sauce made with cauliflower. You'll barely be able to tell the difference!

5
5 / 5 (1 Reviews)
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INGREDIENTS:
• 4 cloves garlic, minced
• 2 tablespoons unsalted butter
• 1 tablespoon olive oil
• 2 heads of cauliflower (about 7-8 cups cauliflower florets
• 1/2 teaspoon salt (more to taste)
• 1/2 teaspoon pepper (more to taste)
• 1 and 1/2 cups skim milk (more to achieve desired consistency)
• pinch of freshly grated nutmeg
• 3/4 cup grated parmesan cheese
• fresh parsley for serving
• cooked pasta for serving

DIRECTIONS:

1. Sauté the minced garlic with the butter and olive oil in a large skillet over medium-low heat. Cook for several minutes or until the garlic is soft and fragrant. Be careful not to brown the garlic. Remove from heat and set aside.

2. Meanwhile, bring a large pot of water to a boil over high heat. Add the cauliflower, cover, and cook until cauliflower is tender when you stick a fork in it (about 8-10 minutes). Drain.

3. Transfer the cauliflower to the blender. Add milk, sautéed garlic/butter, salt, pepper, nutmeg, and milk. Blend or puree for 2-3 minutes until the sauce is silky and smooth. Stir in Parmesan cheese. You can add more milk if it seems too thick. Toss with your favorite cooked pasta and serve immediately topped with fresh parsley if desired.

serving size: 1/2 cup

adapted generously from Pinch of Yum
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### Nutrition Facts

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<th>Amount Per Serving</th>
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<table>
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This delicious recipe brought to you by RACHEL COOKS®
https://www.rachelcooks.com/2015/03/04/skinny-alfredo-sauce-cauliflower/
3 ingredient sweet potato gnocchi

5 from 3 reviews

prep time: 20 minutes  cook time: 40 minutes  yield: 2-4

INGREDIENTS

2 large sweet potatoes
2 cups of gluten free flour (all purpose flour will also work perfectly) + 1/2 a cup
2 teaspoons of salt

INSTRUCTIONS

TO MAKE THE GNOCCHI:

1. Preheat the oven to 400 degreesF. Poking a few holes in them with a fork, bake the sweet potatoes for 40-50 minutes or until tender. You'll know they're done when a fork can be pressed into the center rather easily. Set aside to let cool enough for you to handle them easily.

2. Combine the salt and 2 cups of the flour. Flour a work surface and pour your flour mixture onto the surface. Make a well in the middle of the flour.

3. Once the sweet potatoes are cool enough to handle, remove the skin and place them, one at a time, into the potato ricer. Rice both of the potatoes right on top of the flour (see picture above).

4. Once all of the potato has been riced, flour your hands and begin working the sweet potato into the flour. Continue to work the mixture until it's fully combined. You don't want the dough to be sticky so keep adding flour until you get a nice dry dough.

5. Once fully combined, roll the dough into a ball and cut it into eight even pieces. Roll each piece into a long log that's about 1/2 an inch thick. Cut pieces the gnocchi into 1 inch pieces. Gently toss each piece into flour to ensure that it's dry and not sticky at any edges. Continue until you've cut out pieces from all of the dough.

6. Optional: using a gnocchi board or fork, press grooves into each piece of gnocchi.

7. The gnocchi can be stored in the fridge for 3 days, the freeze for a few weeks, or cooked right away.

TO COOK THE GNOCCHI:

1. Heat a pot of salted water to a boil. Add in the gnocchi and let cook for a couple minutes. Once the gnocchi floats to the surface of the water, let it boil for 30 more seconds and then remove it from the water using a slotted spoon.

2. Toss in your favorite sauce (I like toss mine in a bit of dairy free butter and fresh herbs) and ENJOY!

DID YOU MAKE THIS RECIPE?

12,782 Amazon.com customer reviews
Recipe for Spicy Red Bean Vegetarian Meatballs

Morning Star Protein Blend

Ingredients:
Organic Kidney Beans, Water, Organic Pinto Beans
Organic Tomatoes, Organic Rolled Oats, Organic Brown Rice,
Organic Onions, Organic Wheat Gluten, Soy Protein Isolate
Onion Powder, Bulgar Wheat, Tapioca Starch, Salt, Chipotle Pepper
Potato Starch, Organic Sugar, Spices, Dried Tomato, Natural Flavoring
Konjac Flour, Yeast Extract, Organic Garlic Powder, Garlic Powder
Paprika, Soy Sauce Powder, Xanthan Gum, Vinegar, Organic Vinegar,
Jalapeno Pepper, Citric Acid, Turmeric

Form protein blend into 2 oz each round meatballs.
Lay flat on parchment lined sheet rack and bake at 365 degrees, for 10 minutes
or until center temperature registers 165 degrees.
Top with Tomato Marinara Sauce or your choice of sauce and serve with pasta,
rice, potato or grain of your choice.
Easy Marinara Sauce

PREP TIME 10 minutes  COOK TIME 20 minutes  TOTAL TIME 30 minutes

SERVINGS 8 cups  AUTHOR Holly  COURSE Main Course  CUISINE Italian

Marinara Sauce is an easy to make tomato sauce that is perfect to top your favorite pasta or to use in recipes calling for jarred pasta sauce.

Ingredients

- 3 tablespoons olive oil
- 1 cup onion finely diced
- 1/3 cup carrot shredded
- 3 garlic cloves minced
- 1/4 cup fresh basil chopped
- 1/2 teaspoon dried oregano
- salt and pepper
- 28 oz whole tomatoes canned
- 28 oz crushed tomatoes canned
- 2 tablespoons tomato paste
- 1-2 teaspoons sugar (optional)
- 1/2 cup water

Instructions

1. In a large pot, heat olive oil over medium heat. Add onion, carrot and garlic. Cook until soft, about 5 minutes.
2. Add whole tomatoes (with juice) and gently break apart with the spoon. Stir in remaining ingredients.
3. Simmer uncovered on low heat for 20 minutes or until sauce reaches desired consistency.
4. Serve over spaghetti or enjoy in your favorite recipes. Freeze or refrigerate to store.

Recipe Notes

Sugar may be required depending on the brand of tomatoes you purchase.

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Easy Marinara Sauce https://www.spendwithpennies.com/easy-marinara-sauce/