

Cheddar Cheese Sauce Recipes



Cheesy Cauliflower Buffalo Dip

Ingredients:

- 1 ½ cups of cauliflower florets
- 2 – 4 garlic cloves
- 2 Tbsp hot sauce
- 1 Tbsp apple cider vinegar
- 1 tsp paprika
- ½ tsp pepper
- ¼ tsp salt
- 2 tsp oil – optional
- 1 packet IP Cheddar Cheese Sauce Mix
- ½ cup water
- Red pepper flakes for garnish

Directions:

1. Preheat oven to 350 degrees.
2. Roast cauliflower florets and garlic cloves for 40 minutes.
3. Remove cauliflower and garlic from oven, place in blender and add hot sauce, apple cider vinegar, paprika, pepper, sea salt, oil, cheese sauce packet and water.
4. Blend until smooth.
5. If a creamier dip is desired, add water by the tablespoon blending each time.
6. Garnish with red pepper flakes.

Dip can be served hot or cold, with unlimited vegetables.

Tip: Add more hot sauce if extra heat is desired.



Directions:

1. Preheat oven to 350 degrees.
2. In a skillet place oil and garlic, start to sauté until garlic becomes fragrant.
3. Add tomatoes and Italian seasoning and cook until tomatoes start to break down.
4. Remove from heat.
5. Using a small baking dish brick lay a layer of zucchini.
6. Spoon ½ the tomatoes on top, repeat, add one more layer of zucchini.
7. In a separate bowl beat the egg, add in water, and cheese sauce whisking until smooth.
8. Spoon evenly over top layer of zucchini.
9. Bake for 30 minutes.
10. Remove from oven and serve.

Tip: Garnish with green onion and chives.

Cheesy Vegetable Lasagna

Ingredients:

- 2 tsp olive oil
- 1 cup of mandolin sliced zucchini
- 1 cup of diced or stewed tomatoes
- 1 tsp Italian seasoning
- 1 garlic glove pressed
- ½ tsp salt
- 1 tsp pepper
- 1 beaten egg
- 1 packet IP Cheddar Cheese Sauce Mix
- 6 Tbsp of cold water