Make Your Own Summer Sauces
September 2020

Lemon Basil Sauce
Recipe adapted from [epicurious.com](http://epicurious.com)

Yields: about 1/2 cup

- 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

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

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

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

Class taught by: Chef Ashley R. Van Cise, RDN, LD
Email: info@wisdomkitchen.com
www.wisdomkitchen.com