



Alton Sustainable Eating

Healthy Food, Healthy Planet



Cashew & Red Pepper Dip

- 1 cup of cashews (soaked in hot water for 20 minutes)
- 1 roasted red pepper from a jar or if using fresh, roast in the oven
- 1/2 jar of mild or hot salsa (you choose)
- 2 tbsp of nutritional yeast
- 1/4 tsp ground black pepper
- 1/4 tsp of salt (or to taste)

TIP: ALDI & LIDL sell a cheap salsa without any added and unnecessary ingredients. Home Bargains sell roasted peppers in a jar for a fraction of the cost of purchasing elsewhere, so stock up in your pantry.

Asian Dressing

- 2 tbsp of soy sauce (low sodium if possible)
- 2 tbsp rice vinegar
- 4 tbsp water
- 1/8 to 1/4 ground ginger
- 1/8 to 1/4 garlic powder
- Chilli flakes to taste
- Dash of sweetener of choice

Mix all the ingredients together in a small jug. Use immediately or store in an air-tight container in the refrigerator. Great for pouring on salads. You can add olive oil if you choose to by replacing half the water with olive oil. But this is a light, fat-free dressing.

Pantry Staples



I use this Italian rice wine instead of Japanese rice wine because it's cheaper. It lasts ages and is a great deal cheaper than the little bottles from the supermarket.

I also buy soy sauce in bulk. This is a reduced salt version (which is much nicer, I think).

Lots of recipes call for rice wine and soy sauce so buying in bulk is a great investment.



Both I get from Amazon. Although I don't like using Amazon there are some things I cannot find anywhere else.