



## 5 Easy & Healthy Weeknight Sauces in Under 10 Minutes

CAT DILLON

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**MON**



**BREAKFAST**  
Basic Vinaigrette with Tons of Fun  
Options

**TUE**



**BREAKFAST**  
Gremolata

**WED**



**BREAKFAST**  
Pesto Primavera

**THU**



**BREAKFAST**  
Cilantro Chimichurri

**FRI**



**BREAKFAST**  
Ginger Lime Tahini Dressing

## FRUITS

- 2 Lemon
- 3 tbsps Lemon Juice
- 2 Lime

## BREAKFAST

- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/4 cup Pine Nuts
- 1 1/2 tsps Sea Salt

## VEGETABLES

- 2 cups Basil Leaves
- 1 cup Cilantro
- 1/4 cup Fresh Oregano
- 5 cloves Garlic
- 4 Garlic
- 1 tsp Ginger
- 1 cup Parsley

## BREAD, FISH, MEAT & CHEESE

- 1/2 cup Parmigiano Reggiano

## CONDIMENTS & OILS

- 2 tbsps Coconut Aminos
- 1 tbsp Dijon Mustard
- 2 1/16 cups Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar
- 1/3 cup Tahini
- 1/2 cup White Wine Vinegar

## OTHER

- 1/2 cup Water

# Basic Vinaigrette with Tons of Fun Options

8 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Red Wine Vinegar  
1 tbsp Dijon Mustard  
1/4 tsp Sea Salt  
1/2 tsp Black Pepper  
3/4 cup Extra Virgin Olive Oil

## DIRECTIONS

- 01 In small bowl, whisk together mustard, salt, and pepper.
- 02 Slowly add the oil, whisking until emulsified. Mixture can also be blended in a blender, or shaken in a jar.

## NOTES

### LOVE MY GARLIC

Add 1 tsp. fresh minced garlic or 1/2 clove crushed.

### BALSAMIC LOVERS

Substitute balsamic vinegar for the red wine vinegar.

### HERB LOVER

Add 2 tbsp. chopped fresh herbs, such as parsley, thyme or basil.

### LEMONY PARMESAN

Use fresh squeezed lemon juice instead of the red wine vinegar. Add 1/4 cup freshly grated Parmesan or Manchego cheese.

# Gremolata

6 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Parsley (Finely chopped)  
3 cloves Garlic  
2 Lemon (zested)

## DIRECTIONS

01 Stir all ingredients in a bowl.

## NOTES

### TRADITIONALLY USED ON

Braised lamb shanks.

### MIX INTO

Dressings, or sauces.

### SPRINKLE IT OVER

Meat, poultry, fish, soup, salad or eggs.

# Pesto Primavera

8 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Basil Leaves  
2 cloves Garlic  
1/4 cup Pine Nuts (roasted)  
2/3 cup Extra Virgin Olive Oil (Reserve some oil)  
1/2 cup Parmigiano Reggiano  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
3 tbsps Lemon Juice

## DIRECTIONS

- 01 Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped.
- 02 Add 1/2 cup of the oil in a slow stream, and process until fully incorporated and smooth. Season with salt and pepper.
- 03 If using within a week, transfer to a glass jar and top with a little more olive oil to prevent browning.
- 04 If using immediately, add the remaining oil and pulse until smooth. Transfer the pesto to a large serving bowl and mix in the cheese.
- 05 If freezing, transfer to an air-tight container and drizzle remaining oil over the top. Freeze for up to 3 months. Thaw and stir in cheese.

## NOTES

### SERVING SIZE

One serving is equal to 2 tablespoons of pesto.

### SERVE IT WITH

Pasta, cauliflower rice, oven fried sweet potatoes, with meat or as a dip.

### LEFTOVERS

Store in an air-tight container for up to 4 days. This pesto also freezes well.

### MAKE IT SOMETHING ELSE

Marinate a chicken or fish filet. Add some extra lemon, lemon zest and a dash of oil for a vinaigrette.

# Cilantro Chimichurri

10 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup White Wine Vinegar  
1 cup Cilantro (thick stems removed)  
1/4 cup Fresh Oregano (stems removed)  
4 Garlic (cloves, minced)  
1/2 cup Extra Virgin Olive Oil  
1 tsp Sea Salt

## DIRECTIONS

- 01 Add all ingredients to a food processor and blend. Occasionally scrape down the sides as needed. Keep sauce chunky versus super smooth.
- 02 Transfer to a mason jar and enjoy as a condiment or marinade!

## NOTES

### SERVE IT WITH

Grilled meats or veggies, over avocado or in a salad.

### MAKE IT SPICY

Add a chili pepper or red pepper flakes.

### STORAGE

Transfer to a sterilized 8 oz. jar and fill with oil until ingredients are submerged by 1/2". Refrigerate, topping off with more oil after each use. Or, freeze in an ice cube tray and transfer to a freezer-safe container up to 3 months.

### SERVING SIZE

One serving is equal to approximately 2 tablespoons.

### NO CILANTRO

Use parsley instead of cilantro or oregano.

### MAKE IT SMOKEY

Add 1/2 tsp. of smoked paprika.

# Ginger Lime Tahini Dressing

12 SERVINGS 5 MINUTES



## INGREDIENTS

2 Lime (juiced)  
1/3 cup Tahini  
1/2 cup Water  
2 tbsps Extra Virgin Olive Oil  
1 tsp Ginger (peeled and grated)  
2 tbsps Coconut Aminos  
2 tbsps Maple Syrup

## DIRECTIONS

01 Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

## NOTES

### SERVE IT WITH

Salad, summer rolls, zucchini noodles or fish (as a marinade).

### STORAGE

Refrigerate in an airtight jar up to one week.

### SERVING SIZE

One serving is equal to approximately two tablespoons of dressing.

### LOWER THE SUGAR IMPACT

Use equivalent Yacon Syrup, or 6 drops of Stevia (to taste)

### MAKE IT CARROT

Add 1/2 cup grated carrot.