

Toasted Herb Walnut Sauce

There is nothing I love more than a simple sauce to accompany tender, flavorful spring vegetables. This one takes less than 10 minutes and works equally well with tender asparagus as with roasted baby carrots.

Ingredients

- 1 cup of lightly roasted shelled walnut pieces or halves
- $\frac{1}{2}$ cup of olive oil
- 2 shallots or spring onions
- Juice from 2 lemons
- 2 TBL Nutritional Yeast or a splash of Umi Vinegar
- 1 bunch of fresh parsley, cilantro, basil, or a combination
- Water as needed to thin

Directions

In a food processor chop nuts finely, add the remaining ingredients and process to desire consistency. Adjust seasonings, and add water as needed if too thick.

Stores in fridge for up to one week.