

## **BAKED POTATO FANS WITH CREAMY CASHEW SAUCE**

*These elegant baked potatoes and sauce are a perfect main dish. They are beautiful when arranged on a platter with the sauce on the side or on individual plates with the sauce on top. The velvety cashew sauce demonstrates how easy it is to produce a creamy, mouth-watering sauce without eggs, cheese, cream or butter. The sauce is also a delicious topping for traditional baked potatoes and oven baked fries.*

### **Ingredients:**

6 med. baking potatoes (4" x 2"), scrubbed  
3-4 Tbsp. extra-virgin olive oil  
1 tsp. salt  
2 Tbsp. dry bread crumbs  
Salt, lemon pepper to taste  
Sauce (below - make ahead)

Preheat oven to 425°. Scrub potatoes and pat dry. Place one potato at a time on a wooden spoon. Beginning 1/2" from the end of the potato, carefully slice the potato almost through at 1/8" intervals. (The spoon will prevent the knife from slicing completely through the potato, creating a "fan".) Place potatoes, cut side up, in one layer in a baking dish misted with cooking spray. Combine 1 T. olive oil with bread crumbs and set aside. Brush remaining 2-3 T. olive oil over potatoes. Place dish of potatoes in the middle of the oven and bake for 30 minutes. Then sprinkle bread crumbs over the potatoes, baste them with olive oil in the pan, and bake another 30 minutes or until the potatoes are completely fork tender. Place a piece of foil loosely over the potatoes if they seem to be browning too much.

Place potatoes on individual plates or on a platter, spoon sauce over each potato, and sprinkle with lemon pepper and salt to taste. Makes 6 potatoes.

Cashew Sauce: (double these ingredients for a generous amount of sauce)

4 Tbsp. cashews (raw, unsalted)  
1-1/2 c. water  
4 Tbsp. fresh lemon juice  
4 Tbsp. nutritional yeast (available in natural food markets; do not use baker's yeast)  
4 Tbsp. rolled oats  
4 tsp. cornstarch or arrowroot  
2 tsp. onion granules  
1 tsp. salt

In a blender whiz cashews alone until they are finely crushed. Add water gradually, then the remaining ingredients, and blend until very smooth. Pour mixture into a small saucepan and warm over medium heat, stirring constantly until the sauce is thick and smooth. Thin with water to desired consistency. Thin with more water when re-heating.

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*— Our food choices can make a difference. —*