

## ITG Cheesy Cheddar Dips

*It's what you've been waiting for... Cheese! Try your hand at these delicious dips created for a single serving size. Use sliced cucumbers, celery, or a vegetable of your choice for dipping. In Step 3, use ITG Pretzels, Crunchy Cheese Bites and more! Each recipe is for 1 packet/serving of Cheesy Cheddar (counts as protein for one meal, just add vegetables and salad). Double or triple the ingredients and make more to share!*

**For Cheesy Cheddar Dips, use 3 ounces of water**

### **Spicy Nacho Cheese Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

Pinch garlic powder

Dash of chili powder

Crushed red pepper to taste

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.



### **Creamy Cheddar Spinach Dip**

1 packet Cheesy Cheddar

1 tsp olive oil

1 tbsp chopped green onion

1 tsp minced garlic or garlic powder

2 ounces chopped spinach leaves

Pinch sea salt & black pepper

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Garnish with leftover green onion. Use caution, dip will be hot.



### **Cheddar & Onion Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

2 tbsp Walden Farms Amazin Mayo

1 tsp minced garlic or garlic powder

2 tbsp minced white onion

1 tbsp minced green onion

Add water to make dip and mix all ingredients except Amazin Mayo. Follow dip instructions to microwave and allow to cool for a minute. Add Amazin Mayo and stir. Heat for an additional 15 seconds and garnish with leftover green onion.

### **Cheesy Salsa Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

3 tbsp diced tomato

Dash of chili powder

Dash of garlic powder

Dash of cumin

1 tbsp minced onion

1/4 tsp lime juice

Crushed red pepper to taste (optional)

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.



### **Ham & Cheese Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

1 oz lean ham, minced or cut in small pieces

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.

### **Buffalo Cheddar Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

Dash of buffalo sauce to taste (no sugar)

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.

### **Cheesy Basil Pesto Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

1 tbsp prepared pesto (Step 3)

1 tbsp chopped basil leaves

Add water to make dip and mix together all ingredients. Microwave and allow to cool for a minute. Sprinkle leftover chopped basil leaves as garnish. Use caution, dip will be hot.



### **Grumpy Gator Garlic & Cheese Dip**

1 packet Cheesy Cheddar

Dash Grumpy Gator Garlic (season to taste)

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.

### **Grumpy Gator Sugarless Cheesy Dip**

1 packet Cheesy Cheddar

Dash Grumpy Gator Sugarless Rub (season to taste)

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.

### **Cheeseburger Dip**

1 packet Cheesy Cheddar

Pinch sea salt & black pepper

Dash garlic powder

2 oz extra lean ground beef, cold/precooked

Add water to make dip and mix together all ingredients. Follow dip instructions to microwave and allow to cool for a minute. Use caution, dip will be hot.

# ITG Cheesy Cheddar Sauces

*It's what you've been waiting for... Cheese! Try your hand at these delicious sauces created for a single serving size. Use Cheesy Cheddar Sauce for extra flavorful topping over any protein or vegetable. Each recipe is for 1 packet/serving of Cheesy Cheddar (counts as protein for one meal, just add vegetables and salad). Double or triple the ingredients and make more to share!*

***For Cheesy Cheddar Sauces, use 4 ounces of water***

## **Cheesy Veggie Chili**

1 packet ITG Cheesy Cheddar

1 packet ITG Vegetable Chili

Sea salt & black pepper to taste

Optional: hot sauce or crushed red pepper to taste

Make Vegetable Chili and Cheesy Cheddar Sauce separately, according to directions. Stir all ingredients together for a creamy chili, drizzle Cheesy Cheddar over cooked Vegetable Chili as a topping, or pour both over spiralized or sliced vegetables for a full meal. Makes 2 servings or count as 1 dinner protein.



## **Broccoli Cheddar "Rice"**

1 packet ITG Cheesy Cheddar

1 cup cauliflower rice

1 cup chopped broccoli

Sea salt and black pepper to taste

Cook cauliflower rice and broccoli pieces in microwave until hot. Make Cheesy Cheddar Sauce and combine all ingredients in bowl, or drizzle sauce over top and enjoy.



### **Cheesy Garlic Cauliflower Bake**

2 packets ITG Cheesy Cheddar (optional: use unsweetened almond milk instead of water)

4 cups cauliflower

1 tbsp garlic powder

1 tbsp minced garlic

Sea salt & black pepper to taste

Extra virgin olive oil spray

Steam cauliflower until tender. Make Cheesy Cheddar packets according to sauce directions (substitute unsweetened almond milk for water if desired). Preheat oven to 400 degrees and spray casserole dish with olive oil. Stir all ingredients together in bowl and pour into casserole dish. Grind a few dashes of black pepper over the top of the casserole and bake for up to 30 minutes, cool slightly and serve.

### **Cheesy Spaghetti Bolognese**

1 packet ITG Cheesy Cheddar

1 packet ITG Spaghetti Bolognese

Sea salt & black pepper to taste

Optional: Crushed red pepper to taste

Make Spaghetti Bolognese and Cheesy Cheddar Sauce separately, according to directions. Stir all ingredients together for a creamy spaghetti dish, drizzle Cheesy Cheddar over cooked Spaghetti Bolognese as a topping, or pour both over spiralized or sliced vegetables for a full meal. Makes 2 servings or count as 1 dinner protein.

### **Cheeseburger Sauce**

1 packet ITG Cheesy Cheddar

4-6 ounces cooked lean ground beef (or chicken, turkey)

Salt & pepper to taste

Make Cheesy Cheddar Sauce according to directions. Combine all ingredients and pour mixture over spiralized/sliced vegetables or cauliflower rice. Alternately in Step 3, use Spicy Nacho Chips, Crunchy Cheese Bites, or Pretzel Twists for dipping.



### **Extra Cheesy Nacho Cheese Pasta**

1 packet ITG Cheesy Cheddar

1 packet ITG Nacho Cheese Pasta

Sea salt & black pepper to taste

Optional: crushed red pepper to taste

Make Nacho Cheese Pasta and Cheesy Cheddar Sauce separately, according to directions. Stir all ingredients together for an extra cheesy dish, drizzle Cheesy Cheddar over cooked Nacho Cheese Pasta as a topping, or pour both over spiralized or sliced vegetables for a full meal. Makes 2 servings or count as 1 dinner protein.

### **Cheesy Cauliflower Chicken Bake**

1 package (14 oz) chicken tenders (not breaded), cooked/cut into bite size pieces

2 cups cauliflower rice

1 tsp sea salt

¼ tsp pepper

1 tbsp minced garlic

2 ½ cups low sodium chicken broth

2 packets ITG Cheesy Cheddar (make with chicken broth instead of water)

Extra virgin olive oil spray

Precook chicken and preheat oven to 400. Make 2 packets Cheesy Cheddar with 1.5 cups chicken broth in saucepan (heat slowly) or microwave until hot. Lightly spray casserole dish with oil and add all ingredients, including remaining chicken broth. Heat in oven for 30 minutes and top with fresh parsley or cracked black pepper. Cool slightly and serve.



### **Cheesy Basil Pesto Sauce**

1 packet ITG Cheesy Cheddar

1 tbsp extra virgin olive oil

2 tbsp finely chopped basil leaves

Dash oregano

Sea salt & black pepper to taste

Make Cheesy Cheddar Sauce according to directions. Combine oil and chopped basil leaves to make pesto “paste”. Combine all ingredients and serve over spiralized/sliced vegetables, cauliflower rice, or chicken.

### **Spicy Nacho Cheese Sauce**

1 packet ITG Cheesy Cheddar

Dash of sea salt & black pepper

Dash cayenne pepper or crushed red pepper to taste

2 tbsp diced tomato

1 tbsp diced onion

Dash cumin

Make Cheesy Cheddar according to directions. Combine all ingredients and pour mixture over spiralized/sliced vegetables, cauliflower rice, or in Step 3, use Spicy Nacho Chips, Crunchy Cheese Bites, or Pretzel Twists for dipping.



# ITG Cheesy Cheddar Soups

*It's what you've been waiting for... Cheese! Try your hand at these delicious soups created for a single serving size. Use Cheesy Cheddar for extra flavorful soup bases and add any seasoning, protein or vegetable. Each recipe is for 1 packet/serving of Cheesy Cheddar (counts as protein for one meal, just add vegetables and salad – unless extra protein is noted). Double or triple the ingredients and make more to share!*

***For Cheesy Cheddar Soups, use 6 ounces of water***

## **Broccoli Cheese Soup**

1 packet ITG Cheesy Cheddar

2 cups chopped broccoli

1 tsp minced garlic or garlic powder

Sea salt & black pepper to taste

Steam broccoli until tender and set aside. Add water to make Cheesy Cheddar soup according to directions. Stir in all ingredients into microwave safe bowl and heat until hot or desired temperature. Add cracked black pepper on top and enjoy. Makes 1 serving.



## **Cheddar & Onion Soup**

1 packet ITG Cheesy Cheddar

½ cup chopped white onion

Sea salt & black pepper to taste

Steam or lightly sauté onions until tender. Add water to make Cheesy Cheddar soup according to directions and stir in onion, salt, and pepper. Microwave soup until hot and enjoy.



### **Loaded Cheddar & “Not Potato” Soup**

- 1 packet ITG Cheesy Cheddar
- 1 cup cauliflower cut into small bite-sized pieces
- 1 tsp minced garlic
- 1 tbsp chopped green onion for garnish
- 1 tsp chopped parsley for garnish
- Sea salt & black pepper to taste

Step 3 (optional): 1 tbsp grated cheddar cheese

Step 3 (optional): 1 tbsp sour cream

Sauté cauliflower and garlic until tender and hot. Add water to make Cheesy Cheddar soup according to directions. Mix together soup, garlic, cauliflower, salt and pepper and heat until desired temperature is reached. Sprinkle green onion and parsley on top for garnish. In Step 3, add cheddar cheese and sour cream on top as garnish.

### **Cheeseburger Soup**

- 1 packet ITG Cheesy Cheddar
- 4 ounces lean ground beef (or chicken/turkey)
- 1 tbsp chopped white onion
- 1 tsp minced garlic or garlic powder
- 1 tbsp diced tomato for garnish
- Pinch dried basil for garnish

pinch dried parsley flakes for garnish

Sea salt & black pepper to taste

Step 3 (optional): 1 tbsp grated cheddar cheese

Cook ground beef to safe temperature and set aside. Add water to make Cheesy Cheddar soup according to directions. Combine all ingredients in microwave safe bowl and heat to desired temperature. Garnish top of soup with remaining ingredients. In Step 3, add cheddar cheese on top as additional garnish. Count as dinner size protein.



### **Cheddar & “Rice” Soup**

1 packet ITG Cheesy Cheddar

1 cup cauliflower rice

Sea salt and black pepper to taste

Cook cauliflower rice in microwave until warm and tender. Add water to make Cheesy Cheddar soup according to directions and stir in cauliflower rice, salt, and pepper. Heat to desired temperature and enjoy.

### **Ham & Cheese Soup**

1 packet ITG Cheesy Cheddar

3 ounces lean ham cut into small squares or bite-sized pieces

Salt & pepper to taste

Microwave or sauté ham until warm. Add water to make Cheesy Cheddar soup according to directions and combine all ingredients in microwave safe bowl. Heat to desired temperature and enjoy.

### **Spicy Nacho Cheese Soup**

1 packet ITG Cheesy Cheddar

Dash of sea salt & black pepper

Dash cayenne pepper or crushed red pepper to taste

2 tbsp diced tomato

1 tbsp diced onion

Dash cumin

Add all ingredients to microwave safe bowl and add water to make Cheesy Cheddar soup according to directions. Heat to desired temperature in microwave and enjoy.



### **Creamy Artichoke & Spinach Soup**

1 packet ITG Cheesy Cheddar

½ cup artichoke hearts drained and roughly chopped

½ cup chopped spinach

Salt & pepper to taste

1 tsp minced garlic or garlic powder

Sauté spinach and artichokes in pan until very warm and tender. Add water to make Cheesy Cheddar Soup according to directions. Combine all ingredients and heat in microwave safe bowl to desired temperature and enjoy.

### **Hearty Chicken & Cheddar Soup**

1 packet ITG Cheesy Cheddar

4 ounces cooked diced chicken cut into small bite-sized pieces

1 tsp garlic powder

1 tsp basil

1 tsp parsley

Add water to make Cheesy Cheddar soup according to directions. Combine all ingredients in microwave safe bowl and heat to desired temperature. Counts as a dinner sized protein.

### **Cheddar & Veggie Soup**

1 packet ITG Cheesy Cheddar

1 can mixed ITG approved vegetables (or 2 cups diced fresh vegetables)

Sea salt & black pepper to taste

1 tsp minced garlic

Optional to replace water: 6 ounces low sodium vegetable broth

Heat vegetables on stove or in microwave and set aside. Add water or optional vegetable broth to make Cheesy Cheddar Soup according to directions. Combine all ingredients and heat in microwave safe bowl to desired temperature and enjoy.