

Tahini Dressing

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ¼ cup

Ingredients	Quantity	Measure
Tahini paste	1	pound
Water	2	cups
Garlic, minced	2	Tbsp.
Lemon juice	½	cup
Salt	¼	tsp.
Parsley, minced	2	Tbsp.

Preparation

1. Place the tahini, water, garlic, lemon juice and salt in a food processor and blend until smooth (add a little more water if needed to reach a dressing-like consistency). Remove from the food processor and adjust the seasoning by adding more lemon juice or salt as needed.
2. Stir in the parsley and portion out as needed.

Nutrition Information

 *From USDA Nutrient Database

Calories: 247 Total Fat: 20.4g Saturated Fat: 2.8g Monounsaturated Fat: 7.7g Polyunsaturated Fat: 8.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9.2g Fiber: 3.6g Total Sugar: 0.5g Protein: 6.6g Sodium: 92.6mg Vitamin A: 4µg Vitamin C: 0.5mg Calcium: 165mg Iron: 3.5mg Folate: 40µg

