

Carrot Ginger Dressing (no-oil)

INGREDIENTS

2 medium carrots, peeled and roughly chopped

¼ cup (60 milliliters) freshly squeezed orange juice

¼ cup (60 milliliters) water

1½ tablespoons (22.5 milliliters) freshly grated ginger

1½ tablespoons (22.5 milliliters) tahini

1 tablespoon (15 milliliters) low-sodium soy sauce, or to taste

1½ teaspoons (7.5 milliliters) rice vinegar, or more to taste

1 small clove garlic, peeled



INSTRUCTIONS

1. Add all ingredients to a blender and blend until smooth. Adjust seasoning to taste with more rice vinegar or soy sauce, if needed. Store in a 1-pint (0.5-liter) jar in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 18, Total Fat 0.4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Total Carbohydrate 2.7 g, Dietary Fiber 0 g, Sugars 2 g, Protein 0.8 g, Calcium 1%, Iron 1%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.