

Creamy Balsamic Dressing (no-oil)

INGREDIENTS

1 small clove garlic, minced

¼ cup (60 milliliters)
balsamic vinegar

1½ teaspoons (7.5 milliliters)
white or light miso

¼ cup (60 milliliters) water, or
more to adjust taste, consistency

¼ cup (60 milliliters) mashed
silken tofu

1 teaspoon (5 milliliters) liquid
sweetener (e.g., honey or agave
syrup), optional

½ teaspoon (2.5 milliliters)
Dijon mustard, optional

Freshly ground black pepper,
to taste



INSTRUCTIONS

1. Add ingredients to a blender and blend until smooth. Adjust seasoning to taste. Note: Miso is salty so you may not need any added salt. Store in a 1-cup (240-milliliter) 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>.