

Lemon Tahini Dressing (no-oil)

INGREDIENTS

¼ cup (60 milliliters) tahini
(roasted, if possible)

1 tablespoon (15 milliliters)
maple syrup

Juice of 1 large lemon (about
3 tablespoons [45 milliliters]),
or more to taste

½ teaspoon (2.5 milliliters) salt,
or more to taste

½ teaspoon (2.5 milliliters) garlic
powder (or 1 clove garlic, grated)

1/8 teaspoon (a pinch)
cayenne pepper, or to taste

3 tablespoons (45 milliliters) hot
water to thin, or more if needed
to achieve desired consistency



INSTRUCTIONS

1. Whisk all ingredients together in a small mixing bowl. Thin more than you think necessary with water, and adjust seasoning with lemon juice, cayenne, and salt, to taste. This dressing thickens as it sits. Then, transfer to a 1-cup (240-milliliter) canning jar (or other small jar) with a lid. The jar serves as a storage container and allows for easy shaking to recombine ingredients if they separate in the refrigerator between uses. Use within 7 days.

NOTES

- If your tahini is hard and separated, add to a microwave-safe bowl, heat for a few seconds to melt, and then whisk ingredients together.
- The small volume of this recipe can be challenging for large blenders, but if doubling or tripling the recipe, or if using a small blender, you may also be able to blend this recipe rather than whisking. If blending, no need to soften hard tahini in the microwave before preparing.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 71, Total Fat 5.3 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 200 mg, Total Carbohydrate 5.1 g, Dietary Fiber 1 g, Sugars 2.3 g, Protein 1.8 g, Calcium 4%, Iron 5%, Potassium 1%, Zinc 5%, Vitamin C 3%

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