

Soy Lemon Vinaigrette (low-oil)

INGREDIENTS

1 large lemon, zested and then juiced (you need 3 tablespoons [45 milliliters] lemon juice)

1 tablespoon (15 milliliters) sesame oil

1 tablespoon (15 milliliters) low-sodium soy sauce

1 teaspoon (5 milliliters) honey or agave syrup

1 teaspoon (5 milliliters) toasted sesame seeds, optional

Freshly ground black pepper, to taste



INSTRUCTIONS

1. No need to blend—can be made by shaking ingredients together in a jar or whisking together in a bowl like a traditional vinaigrette. Soy sauce provides the salt; no need to add additional. Including the lemon zest along with the lemon juice makes a more intense lemon flavor. Store in a 1-cup (240-milliliter) jar with a lid in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 69, Total Fat 6.1 g, Saturated Fat 0.9 g, Cholesterol 0 mg, Sodium 145 mg, Total Carbohydrate 3.8 g, Dietary Fiber 0 g, Sugars 2.6 g, Protein 0.5 g, Vitamin C 7%, Potassium 4%

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