

Soy Sesame Ginger Dressing (low-oil)

INGREDIENTS

1 clove garlic, minced
2 teaspoons (10 milliliters)
grated ginger
¼ cup (60 milliliters) unseasoned
rice vinegar
¼ cup (60 milliliters) low-sodium
soy sauce or tamari
2 tablespoons (30 milliliters)
toasted sesame oil
¼ cup (60 milliliters) untoasted/
regular sesame oil or olive oil
1 tablespoon (15 milliliters)
agave syrup



INSTRUCTIONS

1. No need to blend—can be made by shaking ingredients together in a 1-cup (240-milliliter) jar with a lid or whisking together in a bowl like a traditional vinaigrette. Store in the refrigerator. Use within 7 days.

Nutritional Info (per 1 tablespoon [15 milliliter] serving): Calories 53, Total Fat 5.1 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 105 mg, Total Carbohydrate 1.6 g, Dietary Fiber 0 g, Sugars 1 g, Protein 0 g

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