



# Tahini Dressing

## INGREDIENTS

- 3/4 cup tahini
- 1 1/4 cups water
- 3 cloves garlic
- 3 tbsp lemon juice
- 1 tbsp toasted sesame oil
- 2 1/2 tbsp low-sodium soy sauce or tamari
- 2 tbsp nutritional yeast

## METHOD

- 1 First, peel the garlic. Juice the lemon.
- 2 Add the tahini, water, garlic, lemon juice, toasted sesame oil, low-sodium soy sauce or tamari, and nutritional yeast to a blender.

Blend until smooth. Alternatively, place all ingredients in a bowl and whisk until smooth.

Use on salads, greens, grains, or potatoes. Refrigerate leftovers for up to 1 week.

## TIPS & ADDITIONAL INFORMATION

Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.