

## Tahini 3 Ways!

Use this flavorful dressing to toss with salads, dip vegetable or even coat cauliflower before roasting! Made from blended sesame seeds tahini is like natural style almond or peanut butter, needing to be stirred thoroughly. Tahini has a unique flavor profile; somewhat nutty, earthy and a fairly strong flavor so a little goes a long way. Tahini is a very adaptable ingredient so try them all...Savory, Sweet and Spicy versions!

### Epicurious Tahini Dressing *Savory*

Gourmet August 2001

#### INGREDIENTS

- 1/3 cup well-stirred tahini (Middle Eastern sesame paste)
- 1/3 cup water
- 1/4 cup plus 1 tablespoon fresh lemon juice
- 2 garlic cloves chopped
- 3/4 teaspoon salt
- 1/4 teaspoon sugar (optional)

#### DIRECTIONS

Blend all ingredients in a blender until smooth.

### Eating Well Honey-Tahini Dressing *Sweet*

Recipe By: Ellen Ecker Ogden “Extra-virgin olive oil and lemon juice are the backbone of this dressing, but it gets a unique toasty flavor from tahini.”

#### Ingredients

- ½ cup lemon juice
- ⅓ cup extra-virgin olive oil
- ⅓ cup tahini, (see Tip)
- 2 tablespoons honey
- 2 cloves garlic minced
- 1 teaspoon salt
- Freshly ground pepper, to taste

#### DIRECTIONS

Combine lemon juice, oil, tahini, honey and garlic in a blender, a jar with a tight-fitting lid or a medium bowl. Blend, shake or whisk until smooth. Season with salt and pepper.

Bon Appetite Turmeric-Tahini Dressing *Spicy*

February 2015

Ingredients

- ¼ cup tahini
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- ½ teaspoon ground turmeric
- ¼ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper

DIRECTIONS

Whisk together tahini, lemon juice, olive oil, turmeric, cayenne, and ¼ cup water until smooth. Add salt and pepper to taste.

Approximate Nutritional Content of Tahini Dressing

Calories 45, Fat (g) 4.5, Saturated Fat (g) .5, Cholesterol (mg) 0, Carbohydrates (g) 1,

Dietary Fiber (g) 0, Total Sugars (g) 0, Protein (g) 1, Sodium (mg) 0