

10 Days of Healthier

CREAMY TAHINI SALAD DRESSING 3-WAYS

Lemon Tahini Dressing

1/3 cup tahini
zest of 1 lemon
¼ cup lemon juice (juice of one lemon)
2 cloves garlic, minced
½ tsp cumin
¼ tsp cayenne (optional)
1/3- ½ cup extra virgin olive oil
2 pinches of salt
few tablespoons of water (as necessary)

Add all ingredients to a sealable jar or container and shake vigorously, start with around 1 tablespoon of water. If too thick add more water. Taste the dressing and decide what you need? More lemon, more tahini, shake again until its ready. Refrigerate until ready to serve. If tahini is too thick you may need to use an immersion blender. As always remember to taste taste taste! Then adjust.

Orange and Yogurt Tahini Dressing

1/3 cup tahini
zest of 1 lemon
zest of 1 small orange
¼ cup lemon juice (juice of one lemon)
juice of ½ large orange
2 cloves garlic, minced
½ tsp cumin
¼ tsp cayenne (optional)
1 generous tablespoon of yogurt
1/3- ½ cup extra virgin olive oil
2 pinches of salt
1 tsp honey (optional)
few tablespoons of water (as necessary)

Directions - same as above....

10 Days of Healthier

Smoked Paprika Tahini Dressing

1/3 cup tahini

zest of 1 lemon

1/4 cup lemon juice (juice of one lemon)

2 cloves garlic, minced

1/2 tsp cumin

1/4 tsp cayenne (optional)

1/2 tsp smoked paprika

1/3- 1/2 cup extra virgin olive oil

2 pinches of salt

few tablespoons of water (as necessary)

Directions – same as above