

Tahini-Lemon Dressing

Nutrition Highlights

- Tahini, a paste made from ground sesame seeds, is a rich source of mono and poly-unsaturated fatty acids, both of which are beneficial for heart health.
- With roughly 3 grams per tablespoon, tahini is an excellent plant-based protein option.

Ingredients

- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon water
- 1 clove garlic, minced
- 1/8 teaspoon ground coriander
- 1/4 olive oil
- Salt and pepper, to taste

Directions

- Combine tahini, lemon juice and zest, water, garlic, and coriander in a small mixing bowl and whisk to combine.
- Whisking constantly, slowly pour in olive oil and mix until fully emulsified. Season to taste with salt and pepper.
- Store dressing in an airtight, sealed container for up to one week. Cold dressing may require a small addition of water to achieve initial consistency.