



Tahini Miso Dressing

SERVES 4 This versatile sauce can be drizzled over raw or cooked vegetables, as well as grains.

- ¼ cup water, plus more to taste
- 1 tablespoon mellow (light) miso
- ⅓ cup tahini
- 1 clove garlic, finely chopped
- 1 teaspoon grated orange zest
- 1 teaspoon lemon juice
- 1 tablespoon finely chopped parsley

In a medium bowl, whisk together all ingredients. For a thinner sauce, add more water. Cover and chill until ready to serve.

NUTRITION

Per serving (about 1.5 oz/40g-wt.): 120 calories (90 from fat), 10g total fat, 1.5g saturated fat, 0mg cholesterol, 190mg sodium, 5g total carbohydrate (1g dietary fiber, 1g sugar), 4g protein



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