

Lemon Tahini Dressing

Moosewood Restaurant Favorites - (St. Martin's Press, 2013)

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Yield: 1 1/4 cups

1/2 cup water
3 tablespoons fresh lemon juice
2 teaspoons red wine vinegar OR
apple cider vinegar
1 tablespoon olive oil
1/2 cup tahini (sesame seed paste)
1 clove garlic, minced or pressed
1/2 teaspoon salt
1 generous pinch freshly ground black
pepper OR cayenne
1/2 teaspoon ground cumin
(optional)

In a blender, combine all of the ingredients and process until smooth and creamy. (Or whisk all of the ingredients in a bowl until smooth.)

The dressing will keep in the refrigerator for up to two weeks.

Per Serving (excluding unknown items): 135 Calories; 14g Fat (85.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1070mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	135
% Calories from Fat:	85.2%
% Calories from Carbohydrates:	13.8%
% Calories from Protein:	1.0%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0%

Food Exchanges

Grain (Starch):	0
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Protein (g): trace
Sodium (mg): 1070mg
Potassium (mg): 69mg
Calcium (mg): 18mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 22mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 135	Calories from Fat: 115
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% Daily Values*

Total Fat 14g	21%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 1070mg	45%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein trace	

Vitamin A	0%
Vitamin C	37%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.