



TAHINI DRESSING

Advanced Lifestyle

INGREDIENTS

- 2/3 cup low-fat plain yogurt
- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 cup warm water, or more as needed
- 1 clove garlic
- 1 dash salt
- 1/4 cup finely chopped parsley

INSTRUCTIONS

—Combine yogurt, tahini, lemon juice, water, garlic, and salt in a food processor; puree until smooth and creamy. Add more water if dressing is too thick

—Add parsley; pulse for 10 seconds to distribute evenly. Transfer dressing to an airtight container.

SERVING INFO: (Yields 1-1/2 cups for 12 servings)

2 TB = 1/2 FT