

LEMON TAHINI DRESSING

This dressing is creamy, tangy, and nutty, and it pairs well with a wide range of salads and dishes.



Ingredients

- 1/4 cup tahini (sesame seed paste)
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 tbsp olive oil (optional for extra richness)
- 1–2 tsp maple syrup or honey (optional, for a touch of sweetness)
- 2–3 tbsp water (to thin out the dressing)
- 1 small garlic clove, minced (optional)
- salt and pepper to taste

Instructions

1. **Combine tahini and lemon juice:** In a bowl, whisk together the tahini and fresh lemon juice. The mixture will thicken and become somewhat stiff, which is normal.
2. **Add olive oil and maple syrup:** Stir in the olive oil and maple syrup (if using). The oil will add creaminess, and the maple syrup balances the tangy lemon.
3. **Adjust consistency:** Slowly add water, one tablespoon at a time, until the dressing reaches your desired consistency (smooth and pourable, but not too thin). Stir well after each addition.
4. **Season:** Add minced garlic (if desired), then season with salt and pepper to taste.
5. **Taste and adjust:** Taste the dressing and adjust with more lemon juice, sweetener, or salt/pepper, as needed.
6. **Serve or store:** Serve immediately over salads, roasted vegetables, or grain bowls, or store in an airtight container in the fridge for up to a week.

