

# Creamy Garlic and Tahini Dressing

## Ingredients:

- ½ tsp. extra-virgin olive oil
- 3-4 cloves fresh garlic, minced
- 1/3 cup tahini (sesame seed paste)
- 1/4 cup water
- 3 tbsp. lemon juice
- 1 tbsp. fresh dill, chopped
- 1 tbsp. low-sodium soy sauce
- 2 tsp. honey
- ½ cup soft silken tofu or non-fat plain yogurt



**Servings: 11**

## Instructions:

1. Sauté garlic in olive oil until tender.
2. In blender, combine all ingredients and blend until smooth.
3. Refrigerate until serving time.
4. Makes about 1 1/3 cups, 11 servings. Serving size: 2 tablespoons.

## Nutrition Facts

11 servings per container  
**Serving size 2 tbsp (31g)**

Amount per serving

**Calories 50**

% Daily Value\*

**Total Fat 4g 5%**

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 45mg 2%**

**Total Carbohydrate 4g 1%**

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 1g Added Sugars 2%

**Protein 2g**

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0mg 0%

Potassium 46mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.