Tahini Lemon Sauce

Recipe

Makes about 3 cups

Ingredients
♦ 3/4 cup tahini
♦ 6 tablespoons fresh lemon juice
♦ 2 garlic cloves, pressed through garlic press
♦ 1-2 cups of water, depending on desired thickness
♦ Salt to taste

Directions
1. Combine the tahini, lemon juice, garlic and 1/3 cup of food processor or blender
2. Mix, drizzling more water until desired consistency.
3. Season to taste

Makes about 3 cups

Shown here with Open Face Greek Turkey Burger and Cucumber Mint Sauce

Nutritional Information

Nutrition
Serving Size: 11 grams (per tablespoon)
Calories 23
Calories from fat 18
Total Fat 2.0 grams (3 %)
Cholesterol 0 mg (0 %)
Sodium 8 mg (0 %)
Total Carbohydrate 1.0 grams (0 %)
Protein 0.7 grams

Vitamins
Vitamin A: 0 %
Vitamin C: 2 %
Calcium: 2 %
Iron: 2 %

Good Points
No cholesterol
Low in sodium
Low in sugar
High in phosphorous

Nutrition Grade
B

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 20, 2012