



Makes 2 cups
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 lb. zucchini or yellow summer squash, peeled and chopped

2 tablespoons lemon juice

1 tablespoon tahini

3 cloves garlic, minced

Sea salt, to taste

Freshly ground black pepper, to taste

Low-Fat Tahini Dressing

Blended zucchini adds extra creaminess to create a silky smooth dressing in this super-low-fat version of a classic Mediterranean tahini sauce. This base recipe can be further flavored with fresh herbs such as parsley, cilantro, tarragon, or basil, and/or dried spices like cumin, smoked paprika, and chipotle chili powder. Drizzle it over hearty salads or **falafel bowls**, or use it as a refreshing dip for chopped veggies.

By Darshana Thacker Wendel

- 1 Combine all ingredients in a blender. Cover and blend until smooth. Transfer dressing to a glass jar. Cover and chill up to 5 days.