

# HONEY LEMON VINAIGRETTE

## Ingredients

- ½ cup olive oil
- 2 tablespoons lemon juice (juice of 1 lemon)
- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons honey (or to taste)
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt (or to taste)
- ¼ teaspoon ground black pepper



## Directions

### If using a food processor, blender, or in a jar:

- Add 4 ounces of olive oil, the juice of 1 lemon, 2 tablespoons of honey, 2 tablespoons of Dijon mustard, and 2 tablespoons of apple cider vinegar, to a food processor or blender.
- Add 2 cloves of garlic, 1 teaspoon of dried oregano, ½ teaspoon kosher salt, and ¼ teaspoon ground black pepper. Blend, shake vigorously, or process until completely smooth.

### To use a whisk:

- Add the juice of 1 lemon, 2 tablespoons of honey, 2 tablespoons of Dijon mustard, and 2 tablespoons of apple cider vinegar, to a food processor or blender.
- Slowly stream in 4 ounces of olive oil while whisking vigorously until the dressing comes together into a smooth, totally emulsified mixture.

**Note:** This recipe lasts up to 1 week in the fridge. Store in an airtight container. If the dressing separates, shake or whisk the dressing until it re-emulsifies.

### Nutrition (2 tbsp):

Calories: 98 kcal

Carbohydrates: 3g

Protein: 1g

Fat: 10g

Saturated Fat: 1g

Polyunsaturated Fat: 1g

Monounsaturated Fat: 7g

Sodium: 125mg

Potassium: 12mg

Fiber: 1g

Sugar: 3g

Vitamin A: 5IU

Vitamin C: 1mg

Calcium: 6mg

Iron: 1mg



# SESAME TAHINI DRESSING

## Ingredients

- ½ cup tahini
- 2 tbsp reduced sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp maple syrup
- 1 tsp sesame oil
- 1 clove garlic minced
- 1 tsp grated ginger
- Water to thin



## Directions

- Add all of the ingredients (except for the water) to a glass jar and stir until combined.
- Add water to thin until the sauce reaches your desired consistency.
- Seal the jar and store the sauce in the fridge for up to a week.

**Note:** This recipe lasts up to 1 week in the fridge. Store in an airtight container.

### Nutrition (2 tbsp):

Calories: 138 kcal  
Carbohydrates: 7g  
Protein: 4g  
Fat: 11g  
Saturated Fat: 2g  
Polyunsaturated Fat: 5g  
Monounsaturated Fat: 4g

Sodium: 200mg  
Potassium: 122mg  
Fiber: 1g  
Sugar: 2g  
Vitamin A: 13IU  
Vitamin C: 1mg  
Calcium: 35mg  
Iron: 1mg

