



## Vegetable salad with sesame dressing ( L )

Serving: 1

Veg

### *Ingredients*

- **-1 Bowl ( 250 ml ) of Chopped Mix vegetable of your choice ( Example : Baby spinach , carrots , cherry tomatoes , lettuce , avocado , bell peppers , cucumber , sweet corn etc )**
- -For the dressing
- -2 Tbsp white sesame seeds (roasted/toasted)
- -1 tsp Low fat mayo
- -1 Tsp rice vinegar
- - $\frac{1}{2}$  Tsp soy sauce-
- - $\frac{1}{2}$  tsp granulated sugar
- - $\frac{1}{2}$  tsp sesame oil

### *Preparation Method*

- -Put sesame seeds in a frying pan and toast them on low heat. When 2-3 sesame seeds start popping, remove from the heat.
- -Grind the toasted sesame seeds with a mortar and pestle until smooth
- -Combine all the ingredients in a bowl and whisk everything together. Drizzle on top of Vegetable bowl .
- You can keep the dressing in the refrigerator for up to a week.