



herb tahini sauce

Servings
8 servings

Prep Time
5 minutes

Cook Time
10 minutes

Kosher Key
Parve

Description

How to make creamy herb tahini sauce paired with fresh parsley and dill, roasted garlic, lemon and lime juice for a unique and healthy vegan condiment.

Ingredients

- 1 cup tahini sesame seed paste - I prefer the paste made from light colored seeds
- 3/4 cup lukewarm water, use more or less for desired consistency
- 5 cloves roasted garlic
- 1/2 cup fresh parsley, roughly chopped
- 1/4 cup fresh dill, roughly chopped
- 1/4 cup fresh lemon juice, or more to taste
- 1/4 cup fresh lime juice, or more to taste
- 1/2 tsp salt, or more to taste

Recipe Notes

You will also need: blender or food processor

Instructions

1. Combine tahini paste, lukewarm water, roasted garlic, parsley, dill, lemon juice, lime juice and salt together in a food processor.
2. Blend or process, scraping sides periodically, until sauce is creamy and well blended. If using a blender, you may need to pause blending and use a long-handled spoon or spatula to break up the thick part of the sauce once every 20-30 seconds; this will keep it from clogging your blender blades.
3. After a few minutes of blending, sauce will turn into a rich, smooth paste. If mixture is too thick, slowly add more water until it reaches the preferred consistency. You may

need quite a bit of water depending on the thickness of your tahini paste. Or you may choose to keep the sauce quite thick, rich and whipped. It's totally a preference thing.

4. If using tahini to top hummus or a meat dish, keep it thick and creamy. As a condiment for pita or falafel, a more liquid sauce is usually preferred. Taste often during the blending process; add more lemon juice or salt, if desired.

Nutrition Facts

Herb Tahini Sauce

Amount Per Serving

Calories 185 **Calories from Fat** 135

% Daily Value*

Total Fat 15g	23%
Saturated Fat 2g	10%
Sodium 160mg	7%
Potassium 193mg	6%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 5g	10%
Vitamin A	9%
Vitamin C	16.1%
Calcium	5.4%
Iron	9.4%

* Percent Daily Values are based on a 2000 calorie diet.