

Fabulous Balsamic Tahini Tamari Savory Dressing - RenataCollective.com

Oh, this is a delicious salad dressing – the tamari adds a depth of flavour and with the tahini for creaminess and the other ingredients, it is a fabulous rich salad dressing. Perfect over greens with roasted veggies, seeds and nuts – let your imagination go wild - you will build a meal filled with great nutrition, that is a satisfying, delicious way to fuel your body!

Prep Time: 10 minutes / Cook Time: No Cook Time! / Makes: ~1 1/3 Cup

Ingredients

- 1 Garlic Clove – minced
- 2 Tablespoons Red Onion – chopped
- 1½ Tablespoons Dijon Mustard
- ½ Cup Olive Oil
- ¼ Cup Balsamic Vinegar
- 2 Tablespoons Tamari – alternate: soy sauce
- 2 Tablespoons Tahini
- A Generous Pinch of Herbed Seasoned Sea Salt or Plain Sea Salt
- Generous Grinds of Fresh Black Pepper
- 2 Tablespoons Water – add if dressing is too thick

How It's Made

- Add all the ingredients, except the water, to a large measuring cup if using a hand-held immersion blender, or your food processor (a small one is fine). Whirl until the dressing is smooth. Give it a taste and adjust for seasoning – a pinch more salt or a few grinds more of pepper to your taste.

Tip:

- If you are meal prepping salad jars to have a few meals, add the dressing to the bottom of your containers, then add the salad ingredients on top and invert onto your plate or mix up in the jar, if large enough, when you are ready to eat it.

Enjoy!

Renata Richardson is a certified culinary nutrition instructor, honours graduate from the Academy of Culinary Nutrition and proud winner of the Holistic Wellness category of the Community Votes Thornhill 2023 Platinum Award. The Toronto-based chef is also a monthly food columnist with the Torstar Metroland Media Group, workshop presenter, guest speaker, recipe developer and tester, cookbook contributor and published recipe author. Visit renatacollective.com and on Instagram [@renatacollective](https://www.instagram.com/renatacollective), for more recipe inspiration and to sign up for newsletter updates or email renata@renatacollective.com with any questions you might have.