



Yogurt-Tahini Dressing

Recipe from: It's all Good: Delicious, Easy recipes that will make you look good and feel great.

Ingredients:

- 1/2 cup plain Greek yogurt (I use Fage)
- 1/4 cup boiling water
- 1 small garlic clove, minced
- 3 tablespoons freshly squeezed lemon juice
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 2 tablespoons of tahini

Directions:

1. Whisk the tahini and water together until completely smooth. Whisk in the remaining ingredients.
- Keeps well in a jar for up to a week



FOR MORE RECIPES GO TO:

[HTTPS://WWW.MANNAFOOD.ORG/COMMUNITY-FOOD-EDUCATION/RECIPE-CORNER/](https://www.mannafood.org/community-food-education/recipe-corner/)





Aderezo de Yogurt y Tahini

Receta de: It's all Good: Delicious, Easy recipes that will make you look good and feel great.

Ingredientes:

- 1/2 taza yogurt Griego sin azúcar (yo uso Fage)
- 1/4 taza agua hirviendo
- 1 diente de ajo, picado
- 3 cucharadas soperas de jugo de limón amarillo
- 1/4 taza de aceite de olivo extra virgen
- 1/2 cucharada de sal
- 2 cucharadas soperas de tahini

Preparación:

1. Combina el tahini y el agua hirviendo hasta que quede bien mezclado. Después combina el resto de los ingredientes.
- Se puede mantener refrigerado una semana.



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