

Beet and Tahini Dressing

Rich and creamy, this non-dairy salad dressing will wow your taste buds.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 5 mins

COOK TIME 45 mins

TOTAL TIME 50 mins (+ 15 minutes cooling time)

Makes: 2 cups

INGREDIENTS

Roasted Beet:

1 medium beet or 2 small beets (8 oz)

1 tsp olive oil

Pinch each salt and pepper

Dressing:

3 tbsp cider vinegar

2 tbsp tahini paste

2 tbsp olive oil

1/2 tbsp fresh dill leaves

1 tsp honey

1 garlic clove

1/2 tsp salt

1/4 tsp each ground cumin, coriander and pepper

Pinch cayenne pepper

METHODOLOGY

1. Roasted Beet: Preheat oven to 400°F. Toss together beet, oil, salt and pepper; wrap in foil. Bake for 45 to 60 minutes or until fork-tender. Let cool, peel and chop.
2. Dressing: In JAWZ High Performance Blender, combine beet, 1/4 cup water, cider vinegar, tahini, olive oil, dill, honey, garlic, salt, cumin, coriander, pepper and cayenne. Start blending at Speed 1 and slowly increase speed to 5; blend until smooth.

Tips:

- Toss with baby arugula and crumbled feta cheese for a tasty salad.
- Alternatively, serve as a dip with falafel or veggie crudités.