

Farm Market Recipe



Traditional Greek Tahini Dip

Ingredients:

- ½ cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil, plus more for garnish
- 1 clove garlic, crushed
- ¼ teaspoon salt
- 6 tablespoons water
- 3 tablespoons chopped fresh parsley
- Toasted sesame seeds for garnish

Directions:

1. Combine tahini, lemon juice, oil, garlic and salt in a food processor. Pulse, scraping down the sides as needed, until smooth. With the motor running, add water in a thin stream until the mixture is pale and smooth. Transfer the dip to a serving bowl and top with parsley. Garnish with sesame seeds and more oil, if desired.

Make Ahead Tip:

To make ahead: Refrigerate for up to 2 days. Add a little water before serving if the dip is too stiff.

Nutrition Facts:

Servings: 8 Serving Size: 2 tablespoons

Per Serving: calories 106; protein 3g; carbohydrates 4g; dietary fiber 1g; total sugars 0g; total fat 10g; saturated fat 1g; vitamin A 129IU; vitamin C 4mg; folate 18mcg; sodium 79mg; calcium 24mg; iron 1mg; magnesium 15mg; potassium 82mg.

Recipe from Eatingwell