

# FEATURED RECIPE

## Ingredients:

### Dressing:

- 1/2 cup Tahini
- 1/2 cup olive oil
- 1/2 cup water
- 1/4 cup soy sauce
- 2 Tbsp honey
- 1/3 cup lemon juice
- 2 tsp fresh minced ginger
- 1 clove minced garlic
- 1/4 tsp cayenne pepper

### Salad:

- Carrots
- Celery
- Cherry tomatoes
- Bell peppers
- Green onion
- Kohlrabi
- Cauliflower
- Olives
- Radishes



## Finger Salad with Tahini Dressing

*This is really not as much a 'recipe' as a cool idea. A friend of mine served these finger salads at a recent barbecue. They looked so spectacular, I had to make my own. It's a perfect recipe for the peak summer harvest as there are so many wonderful vegetables that can be used. It is important to choose a short, wide-based cup/glass or it becomes difficult to dip the vegetables. You may use fancy classes or plastic cups depending on your venue. You may also use any salad dressing. I've included an old favorite in my recipe using Tahini dressing.*

For dressing, blend all ingredients in a food processor until smooth. Clean and slice fresh veggies. Pour dressing into the bottom of short, wide glasses or cups. Place assortment of veggies in cups and serve.



**Suzie DuPuis RD**  
Registered Dietician