



## ASIAN SESAME DRESSING

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This 5-minute salad dressing is simple, tangy and so delicious! Not only is it great on any type of salad, but it's also good as a marinade, sprinkled on many types of vegetables or even pouring over grilled chicken. Sesame oil can be used on occasion in small amounts for flavoring, as a little goes a long way. Toasted sesame has a more distinct sesame flavor than untoasted. Making your own salad dressing is not only very simple, it tastes better and costs much less per serving. Whether you add in the optional ingredients listed or make it very basic, you will love this dressing!

One serving is 3 Tablespoons and covers your fat for one meal.



### INGREDIENTS

- 2 Tbsp toasted sesame oil
- 2 Tbsp extra virgin olive oil or avocado oil
- 2 Tbsp Coconut Aminos or Tamari (gluten-free soy sauce)
- 2-3 Tbsp Bragg's Apple Cider Vinegar (start with 2 and add extra if you prefer more of a tart flavor)
- 2 cloves garlic, finely minced



1 Tbsp fresh ginger, finely minced (optional)

1-1.5 Tbsp Swerve confectioners or liquid stevia, to taste (can be optional)

For a creamier version: add 1 Tbsp almond butter

## **INSTRUCTIONS**

Add all ingredients into a jar or cruet, or whisk together in a medium bowl.