



Herbed Tahini Dip with Raw Veggies

Prep: 15 minutes plus chilling

Serves: 6

- 1 garlic clove, minced
- ½ cup fresh parsley leaves
- ¼ cup chopped fresh chives
- ¼ cup tahini paste
- ¼ cup water
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 teaspoons honey
- 6 cups vegetables such as broccoli florets, carrot sticks, cauliflower florets, celery sticks, cucumber slices and grape tomatoes

In food processor, purée garlic, parsley, chives, tahini, water, lemon juice, olive oil and honey until smooth. Transfer to small bowl; cover and refrigerate at least 1 hour before serving with vegetables. Makes about 1 cup dip.

Approximate nutritional values per serving:

138 Calories, 10g Fat (1g Saturated), 0mg Cholesterol, 63mg Sodium, 12g Carbohydrates, 3g Fiber, 5g Sugars, 2g Added Sugars, 3g Protein

Chef Tip

This dip can also be served with pita chips or crackers, or used as a sandwich spread.