

Ribbon Salad with Tahini Vinaigrette



This recipe showcases a different texture of summer produce – turning the raw vegetables into beautiful ribbons tossed in a light tahini dressing packed full of bold flavor!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For the Dressing:

5 Tbsp	Tahini
¼ cup	Soy Sauce, low sodium
¼ cup	Apple Cider Vinegar
¼ cup	Sesame Oil
¼ cup	Maple Syrup
3 cloves	Garlic, roughly chopped
1 cup	Green Onion (Scallion), tops only, roughly chopped
2 Tbsp	Water
¼ tsp	Kosher Salt or Sea Salt

For the Salad:

1 – 2 each	Zucchini or Summer Squash
1 each	Cucumber
1 each	Carrot
1 each	Tomato or 1 cup cherry tomatoes
2 Tbsp	Pumpkin, Sunflower, or Sesame Seeds or a combination

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the dressing: add all the ingredients to a blender. Blend on high for 1 minute.
3. Using a vegetable peeler with each vegetable lying flat on the cutting board, shave ribbons lengthwise from the squash, zucchini, cucumber and carrots. You may need to flip the vegetable over as you get closer to the center of the vegetable. Place the ribbons in a large bowl.
4. Dice the tomato (or cut the cherry tomatoes in half, if using) and add to the vegetable ribbons.
5. Pour about 1 cup dressing over the vegetables and toss gently to coat. Serve immediately or chill for up to 2 hours, allowing the flavors to blend.

CHEF'S NOTES

Summer squash and zucchini are delicious served raw, especially when peeled into thin ribbons. You can use any combination of vegetables to make the ribbons, the goal is to have about 6 cups of vegetables. This recipe can also be customized with different dressings – homemade pesto or a creamy yogurt-based option would also be delicious! This low calorie, simple side dish makes a great addition to any meal.

This dressing will make double the amount you need for this recipe, but it stores well in the fridge for up to 10 days. It also makes a great dip for vegetables or a topping for sandwiches and can be used as a marinade for chicken.

Nutrition Facts

20 servings per container

Serving Size 2 Tbsp dressing (23 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 5g 6%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 4g 0%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0.68mg 4%

Potassium 26mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container

Serving 1 cup salad with 2 Tbsp

Size Dressing (123 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 5%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 7%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

