



## Cilantro, Lime and Tahini Salad Dressing

By Veggie Kitchen

**Preparation time: 20 minutes**

**Makes a 12 oz bottle of dressing**

### **Ingredients:**

2 limes squeezed (1/4 cup of lime juice)  
1 4oz jar of Stage 2 Sweet Carrot Baby Food  
¼ cup of Tahini sesame butter  
½ cup of fresh cilantro leaves  
1 Tbsp of pan roasted garlic (5-6 cloves)  
⅓ cup of Olive oil  
Salt and pepper to taste (pinch and a dash)

### **Preparation:**

1. Place the unpeeled garlic cloves in a skillet on medium heat. Roast and turn until skins are blackened. Peel and set aside.
2. Squeeze the limes and put the juice into a blender.
3. Add the carrot baby food, salt, pepper, garlic and cilantro and mix in the blender until the cilantro is finely blended.
4. Add the Tahini and blend again until the dressing is smooth.
5. Serve and save any extra in a glass jar in the refrigerator.

*The Balanced Body Center*

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