

K's Kitchen: Dip for roasted vegetables

By Kathryn Reed

I never get tired of either roasting vegetable or barbecuing them. I will admit, though, I am definitely a fair weather barbecuer.

This time of year there are wonderful root vegetables to cook with. They seem heartier than summer veggies.

It doesn't matter how you cook the veggies, this dip will add a little different pizzazz. One thing to think about is presentation especially when considering if this will be an appetizer, side or entrée.

As an entrée, I cut up all the veggies into bite size pieces. I would do the same for a side. But as an appetizer you might want carrots, parsnips and the like so they would be finger food.



Creamy Tofu Dressing

8 ounces silken tofu

$\frac{1}{4}$ C toasted sesame seeds

$\frac{1}{4}$ C canola oil

1 T lemon juice

5 garlic cloves

$\frac{1}{2}$ tsp sesame oil

Salt

Mix all of the ingredients in a blender. Serve as a dipping sauce for roasted vegetables.