

K's Kitchen: A healthy salad dressing

By Kathryn Reed

Blue cheese is normally my go-to salad dressing. Nothing about it is healthy. And that usually doesn't matter.

But it does matter if salads are a staple in one's diet. I go in waves of eating salads on a regular basis. It means the blue cheese should stay in the fridge.

Changing the greens, what's added to it and the dressing can keep it fresh – an healthier.

The idea for this dressing came from wanting to use the tahini I had that had not been touched in a while.

The salad was simple, but delicious with the dressing. I used spinach, carrots cut into match stick pieces, and a chopped apple.



Tahini Salad Dressing

1/3 C tahini, well stirred

1/3 C water

1/4 C lemon juice

1 tsp garlic salt

Mix all ingredients in bowl. Make sure the tahini is well blended. Pour over greens.