

Carrot Ginger Dressing



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

2 large carrots, well scrubbed and roughly chopped

2 tbsp peeled and roughly chopped fresh ginger

2 tbsp lime juice

1 tbsp plus 1 tsp honey

1 ½ tsp toasted sesame oil

1/3 cup extra virgin olive oil

1/3 cup rice wine vinegar

¼ tsp salt

Works well with a vitamix blender, otherwise you may want to steam the carrots first

Directions

Combine all ingredients in a blender. Blend until completely smooth. You may have to adjust the honey amount depending on how sweet the carrots are.

Try this with a coleslaw mix

Works well with noodles

Amazing as a sauce for salmon

Try this as a shrimp marinade

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 12

85

7.5 g

1.1g

0

68mg

3.5g

0.5g

0.2g