



# Creamy Lemon-Tahini Herb Sauce

Prep Time: 10 minutes  
Bake Time: 0 minutes  
Yield: ~ 1 1/4 cups

## INGREDIENTS

**½ cup tahini**  
**¼ cup fresh lemon juice**  
**2 tbsp extra-virgin olive oil**  
**1 small garlic clove, finely grated**  
**¼ cup warm water (adjust for consistency)**  
**2 tbsp chopped fresh parsley or dill**  
**Black pepper, to taste**

## DIRECTIONS

1. **Whisk** tahini and lemon juice until thickened.
2. **Slowly** whisk in olive oil and warm water until smooth and pourable.
3. **Stir** in garlic, fresh herbs, and black pepper.
4. **Adjust** consistency with additional warm water if needed.

### **Why This Works for Heart Health**

- Tahini provides unsaturated fats and plant-based nutrients.
- Lemon and herbs deliver brightness without added sodium.
- No dairy, no added sugar, and naturally cholesterol-free.



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Recipe adapted from:  
Chef Floyd