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Summer Sesame Salad with Tahini Ginger Dressing

This calcium-, antioxidant-, and B vitamin-rich salad is great for warm summer nights on the patio!

Organic tempeh is rich in probiotic cultures, B vitamins, minerals, phytoestrogens, and protein. Orange provides folic acid, vitamin C, and quercetin along with its juicy sweetness. The dressing itself is loaded with healthy fats, calcium, and anti-inflammatory spices. Make a double or triple batch of this salad for your next patio party!

Salad (serves 1 as a meal):

- 1 Tbsp. arame seaweed, reconstituted in water
- Handful organic field greens mix
- Handful organic sprouts mix
- 2 Tbsp. chopped raw cashews
- 1 navel orange, peeled and cut into chunks
- 2 diced strips plain or marinated organic tempeh (I like Noble Bean's sea veggies tempeh or Turtle Island's marinated sesame garlic variety)

Tahini Ginger Dressing (makes approx. ½ cup):

- 3-4 Tbsp. organic raw apple cider vinegar
- 3-4 Tbsp. (or more) filtered water
- 2 Tbsp. tahini
- ¼ tsp. organic ground ginger
- ¼ tsp. organic garlic powder
- ¼ tsp. organic turmeric
- Pinch organic cayenne (to taste)

Combine the salad ingredients in a dinner bowl.

Using a hand-blender, food processor, or whisk/fork, mix the dressing ingredients together until smooth and a little runny. If the dressing is too thick for your liking, add a little more water. If too runny, add more tahini.

Drizzle 2-3 Tbsp. dressing onto the salad to taste. (Pour the remaining amount in a small jar or airtight container and store in the fridge for about/up to 3-4 days.)

Serve and enjoy!

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