

sesame citrus dressing

sweet and tangy—use as a dressing for fruit salads

Yield: 1 cup

ingredients:

1 c plain Yami yogurt
2 tbsp toasted sesame seed
2 tbsp honey
1 tsp grated orange rind
1 tsp grated lemon rind
1/8 tsp salt

preparation:

In a small bowl, blend together sesame seeds, honey, orange and lemon rind, and salt; fold in yogurt. Cover and chill.

Tip: to blend honey easily, try warming it briefly in the microwave and mix a little yogurt into the warm honey; then add the rest of the yogurt and other ingredients.

This sweet and zesty dressing can also be used on smoked turkey or smoked chicken; try it on a sandwich or wrap.

Yami[®]
yogurt