

Miso-Ginger Dressing

$\frac{2}{3}$ C

- 1 rounded T white or yellow miso
- 2 T rice vinegar, or 1 T rice vinegar and 1 tablespoon fresh lime juice, or just mirin
- $\frac{1}{2}$ tsp grated fresh ginger
- 1 small garlic clove; pressed, minced or put through a press
- Pinch of cayenne
- 2 T dark sesame oil
- 2 T peanut oil or canola oil
- 2 T plain low-fat yogurt (optional)
- Lime (optional)

1. Combine the miso and vinegar (or vinegar and lime juice) in a small bowl and whisk together.
2. Add the remaining ingredients and whisk until amalgamated.

Can also mix this in a blender.



Miso-Sesame Vinaigrette

2 C

- 2 med. garlic cloves, smashed with the side of a knife
- 1 small shallot or red onion, roughly chopped
- 2 T shoyu
- 2 T balsamic vinegar
- 2 T red or white wine vinegar
- 1 T light miso
- 1 T brown sugar
- 118 ml canola oil
- 2 T sesame oil
- 2 T toasted white sesame seeds



1. Combine garlic, shallot or onion, shoyu, vinegars, miso and sugar in a blender and blend on high speed until homogeneous.
2. With the blender running on medium (the liquid should form a vortex but not jump up and splatter on the sides of the blender), slowly drizzle in the canola oil.
3. Transfer to a lidded jar. Stir in the sesame oil and sesame seeds with a spoon. Dressing can be stored in the frig for up to 3 weeks. Shake well before using.

**Great on a simple salad with lettuces and fresh vegetables, such as cucumbers, tomatoes, sliced onions, radishes, or grated carrots. Try it drizzled on an iceberg wedge, over sliced leftover steak, chicken or tofu, or on grilled seafood, served hot or cold. It's especially good with grilled salmon and spicy greens like watercress, mizuna or arugula.*