

# Carrot Ginger Dressing



1/2 lb. carrots (2-3 medium), tops removed  
2 Tablespoons chopped red onion  
1 Tablespoon chopped ginger  
1/4 cup rice vinegar  
1 Tablespoon low-sodium soy sauce  
1 Tablespoon honey  
1/2 teaspoon toasted sesame oil  
1/2 cup olive or grapeseed oil

**Instructions:** Roughly chop carrots. Add carrots and remaining ingredients to food processor or blender. Process until smooth. Store dressing in sealed container in the refrigerator for 4-5 days or freezer for 1-2 months.

**Yield:** 12 servings (2 Tablespoons each) or about 1 1/2 cups

**Nutrition Facts** (per serving): 100 calories, 9 grams fat, 60 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 0 grams protein