

Lemon Miso Dressing

Ingredients

½ cup	olive oil
⅓ cup	lemon juice
1 to 2 cloves	garlic, minced
1 ½ teaspoons	miso paste
½ teaspoon	dried thyme leaves
½ teaspoon	fine sea salt
¼ teaspoon	freshly ground black pepper

Directions

1. Combine the oil, lemon juice, garlic, miso, thyme, salt, pepper in a glass jar with a lid.
2. Use a fork to stir in the miso, then shake vigorously to emulsify.
3. The dressing will keep in the fridge for up to one week. Olive oil will solidify when cold so take the dressing out of the refrigerator prior to serving.

*Recipe adapted by Jenny Pitcher, RDN, LD, CHWC
from "Run Fast, Eat Slow" by Kopecky and Flanagan*

