



Steamed Vegetables with Tahini Sauce

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients

4 cups fresh or frozen vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. bell peppers, broccoli, carrots, mushrooms, green beans, cauliflower, zucchini)

2 tablespoons tahini (sesame seed paste; can substitute creamy peanut butter)

1 tablespoon warm or room-temperature water, plus more to adjust consistency

2 tablespoons lemon juice (about ½ lemon)

1 clove garlic, minced (about ½ teaspoon)

¼ teaspoon salt

Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer.
3. Add the selected vegetables to the steamer basket, cover the pot with a tight-fitting lid, and cook until the vegetables are fork-tender. This will take about 5-15 minutes, depending on which type(s) of vegetable is being steamed.
4. While the vegetables are cooking, add the tahini and water to a large mixing bowl. Whisk together until smooth, then whisk in the lemon juice, garlic, and salt. If a thinner consistency is desired, whisk in additional water.
5. Remove the vegetables from the steamer basket and add to the bowl with the tahini mixture.
6. Serve warm, or chill before serving if desired.

Recipe Notes

- To cut down on the raw garlic flavor, let the garlic sit in the bowl with the lemon juice while you cut up the vegetables.
- The vegetables can be stored in the refrigerator for 5-7 days. They can be served cold or reheated in the microwave before serving.

**Nutrition Facts Per Serving: Calories: 80 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 190 mg | Total Carbohydrate: 8 g | Dietary Fiber: 3 g | Protein: 3 g**

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