

Sesame Miso Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- 2 teaspoons honey
- 0.5 cup rice vinegar
- 4 servings sea salt
- 2 tablespoons sesame oil toasted
- 1 tablespoon sesame seed
- 6 tablespoons vegetable oil such as canola neutral
- 2 tablespoons miso white

Equipment

frying pan

whisk

Directions

Sprinkle the sesame seeds into a small skillet over medium heat. Cook, shaking the pan frequently, until the sesame seeds have darkened and become fragrant, just a few minutes. Immediately transfer them to a plate to cool; if you leave them to cool in the pan, they can burn.

Use a fork to whisk the miso and sesame oil in a small jar fitted with a lid until smooth.

Add the vinegar, vegetable oil, sesame seeds, and honey, close the lid tightly, and vigorously shake to emulsify the dressing. Taste and add more honey if desired, plus salt, and shake again. Store it in the refrigerator for up to 2 weeks.

Tip

Tip To measure the honey with less mess, first dip the teaspoon into sesame oil, and let the excess drip off. The honey will then slide out easily.

Reprinted with permission from Eat Your Vegetables: Bold Recipes for the Single Cook by Joe Yonan, © 2013 Ten Speed Press JOE YONAN is the food and travel editor for The Washington Post, where he writes regular features, including the "Weeknight Vegetarian" column. He is the author of Eat Your Vegetables and

Serve Yourself, which Serious Eats called "truly thoughtful, useful, and incredibly delicious." Yonan has won awards for writing and editing from the James Beard Foundation, the Association of Food Journalists, and the Society of American Travel Writers, and his work has been featured three times in the Best Food Writing anthology.

Nutrition Facts



PROTEIN 2.02% **FAT 90.31%** **CARBS 7.67%**

Properties

Glycemic Index:49.57, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:3.9460868746366%

Nutrients (% of daily need)

Calories: 286.88kcal (14.34%), Fat: 28.9g (44.47%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 511.84mg (22.25%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 40.96µg (39.01%), Vitamin E: 1.77mg (11.82%), Manganese: 0.14mg (7.15%), Copper: 0.12mg (6.03%), Iron: 0.53mg (2.96%), Magnesium: 11.49mg (2.87%), Fiber: 0.7g (2.81%), Phosphorus: 27.51mg (2.75%), Calcium: 26.59mg (2.66%), Zinc: 0.38mg (2.56%), Selenium: 1.47µg (2.1%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.61%), Vitamin B2: 0.03mg (1.53%)