



Carrot Miso Dressing

Ingredients

- ½ cup fresh carrot juice
- 1 inch medium carrot, peeled and diced
- ¾ inch piece ginger, peeled and grated
- 2 Tbsp fresh lime juice
- 1 Tbsp. soy or tamari sauce
- 1 tsp white miso paste
- ½ cup canola or olive oil

Instructions

In a small sauce pan, heat and boil the carrot juice, stirring or swirling the pan occasionally until it is reduced to three tablespoons. This takes me around 10 to 15 minutes. Pour it into a measuring cup and refrigerate for ten minutes to cool. Add the reduced juice and everything else but the oil to a food processor or blender. Whirl it, and slowly drizzle in the oil. Process until smooth and there are no remaining chunks of ginger or carrots.

This is fantastic served on romaine lettuce with lots of veggies and some chicken or leftover sliced meat or fish. Or use it as a dip for shrimp, veggies, steamed broccoli, salmon, or chicken breast. This keeps up to two weeks, refrigerated but you will need to shake it. Yummy, no joke!