
Toasted Cumin Citrus Dressing

Makes 1½ cups

2 tablespoons cumin seeds

1 cup mild, fruity olive oil

½ cup fresh lemon juice

2 cloves garlic, minced (optional)

Sea salt

Freshly ground black pepper

Instructions: Toast the cumin seeds in a small skillet over low

heat, stirring occasionally, until fragrant; it will take just a minute or two. Grind the seeds in a spice mill, then whisk together with the remaining ingredients, adding salt and pepper to taste.

Per tablespoon: 95 calories, 0 protein, 1 g carbohydrate, 10 g fat (1 g saturated), 0 cholesterol, 1 mg sodium, 0 fiber.
