

# Get Saucy

1. In a food processor, add all ingredients and process until smooth. Makes just under 1 cup.

Read

more: <http://ohsheglows.com/2011/05/12/lightened-up-protein-powder-goddess-bowl/#ixzz32FW74Y94>

Adapted from Tahini-Lemon Dressing.

Lara is the master of meal prep. She does a fantastic job of preparing big batches of soup, salads, quinoa, etc. at the beginning of every week, so that she is never scrambling.

This was a particularly busy few weeks though, and Lara didn't have her normal kitchen time. Her solution: **Get Saucy!**

She whipped up a few flavorful and nutritious sauces for the week, so that she could turn any quickie meal into a masterpiece in seconds. Drizzle a lemony tahini sauce over your microwave steamed veggies and you will not feel deprived. It's also great on everything from rice and quinoa, salad greens (or any raw veggies you might have in the fridge), to leftover chicken and tempeh, a supermarket rotisserie bird, and even a microwaved Boca Burger. Get creative and get saucy!