



# Recipes

## Sauces and Dressings

### **Pumpkin Seed Dressing**

*Prep Time: 5 minutes*

*Cooking Time: none*

*Yield: 4 servings*

**Ingredients:**

- 1 cup roasted pumpkin seeds
- 2 tablespoons fresh parsley, minced
- 3 tablespoons scallions
- 2 teaspoons umeboshi paste
- ½ cup water

**Directions:**

1. Place all ingredients in a blender and purée until creamy.

**Note:**

- Serve over steamed vegetables, salad, or noodles.