

Lite Italian Dressing

Makes: 8 servings

Ingredients

1/2 teaspoon garlic powder (or 1 fresh clove, minced)

1 teaspoon Italian herb mix

1 tablespoon Parmesan cheese

1/4 teaspoon black pepper (ground)

1/2 teaspoon celery salt

1/2 cup vinegar

1/4 cup vegetable oil

1/2 cup water

Directions

1. Combine all ingredients in a pint sized jar with tight fitting lid.
2. Shake vigorously to blend ingredients.
3. Store refrigerated.

Source: Washington State University Extension, Favorite Recipes for Family Meals

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	230 mg
Total Carbohydrate	24 g
Dietary Fiber	1 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available