

Asian Salad Dressing (FDD)

Makes: 5 Servings

Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. Vegetable oil is used to make this sweet and sour salad dressing.

Ingredients

2 tablespoons vegetable oil

3 tablespoons red vinegar

2 tablespoons water

2 teaspoons lite sodium soy sauce

2 tablespoons brown sugar (or regular sugar)

2 tablespoons lemon juice

1/2 teaspoon garlic powder

Directions

1. Put all the ingredients in a jar or bottle with a lid. 2. Close lid tightly and shake well. 3. Chill in the refrigerator for at least 1 hour before serving. Serve on salad or cut-up fresh vegetables. 4. Refrigerate any leftover dressing.

Source: Recipe provided by SNAP-ED Connection Recipe Finder

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 70 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | N/A |
| Sodium | 100 mg |
| Total Carbohydrate | 4 g |
| Dietary Fiber | N/A |
| Total Sugars | 4 g |
| Added Sugars included | N/A |
| Protein | N/A |
| Vitamin D | N/A |
| Calcium | 5 mg |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available