

Asian Salad Dressing

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	6 g	
Protein	NA	
Carbohydrates	4 g	
Dietary Fiber	NA	
Saturated Fat	1 g	
Sodium	100 mg	