

# Zesty Herb Salad Dressing

Rating: ★★★★★

Makes: 5 servings

## Ingredients

- 1 **tablespoon** vegetable oil
- 2 **tablespoons** vinegar
- 1/3 **cup** tomato or orange juice
- 1/2 **teaspoon** oregano
- 1/2 **teaspoon** basil
- 1/4 **teaspoon** black pepper
- 1/4 **teaspoon** salt

## Directions

1. Put all the ingredients in a jar or bottle with a lid.
2. Put on the lid. Shake well.
3. Chill in the fridge for at least 1 hour before serving.

## Notes

Try this dressing on cut vegetables or salad.  
After serving, keep any leftover dressing in the fridge.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	34	
Total Fat	3 g	5%
Protein	0 g	
Carbohydrates	2 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	466 mg	19%

### MyPlate Food Groups

Fruits	1/4 cup
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