

# French Salad Dressing

**Makes:** 5 servings

This sweet and tangy dressing can be used as a salad dressing or as a veggie dip.

## Ingredients

- 2 tablespoons** vegetable oil
- 1/4 cup** ketchup
- 1 teaspoon** sugar
- 1 tablespoon** vinegar
- 1/2 teaspoon** paprika
- 1 tablespoon** onion (grated)
- 1 tablespoon** lemon juice

## 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       |               |
|-----------------------------|---------------|
| Nutrients                   | Amount        |
| <b>Calories</b>             | <b>66</b>     |
| <b>Total Fat</b>            | <b>6 g</b>    |
| Saturated Fat               | 0 g           |
| Cholesterol                 | 0 mg          |
| <b>Sodium</b>               | <b>135 mg</b> |
| <b>Total Carbohydrate</b>   | <b>4 g</b>    |
| Dietary Fiber               | 0 g           |
| Total Sugars                | 4 g           |
| Added Sugars included       | 3 g           |
| <b>Protein</b>              | <b>0 g</b>    |
| Vitamin D                   | 0 IU          |
| Calcium                     | 4 mg          |
| Iron                        | 0 mg          |
| Potassium                   | 59 mg         |
| N/A - data is not available |               |