



Two Healthy Salad Dressings

Non-fat Italian Dressing

- ¼ cup lemon juice
- ¼ cup cider vinegar
- ¼ cup unsweetened apple juice
- 1 clove garlic, cut into two or three large pieces
- ½ tsp dried oregano
- ½ tsp dry mustard
- ½ tsp onion powder
- ½ tsp dried basil
- 1/8 tsp ground thyme
- 1/8 tsp ground rosemary

Combine all ingredients. Chill for at least 1 hour before serving to allow herbs to blend. Remove garlic cloves before serving. Makes 12 tablespoons.

Nutrition Facts

Serving Size: 2 Tbsp	
Calories	15
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrates	3g
Dietary Fiber	0g
Protein	0g

Diabetic Exchanges

Protein	0
Carbohydrates	0
Fat	0

Orange Sesame Dressing

- 1/4 cup orange juice
- 1/4 cup white wine vinegar or rice vinegar
- 1 1/2 tablespoons light soy sauce
- 1/4 teaspoon dry mustard
- 1 tablespoon peanut oil
- 1 1/2 teaspoons sesame oil
- 1 teaspoon sugar
- 1 teaspoon toasted sesame seeds

Whisk together all of the ingredients. Chill for at least 30 minutes. Serve with mixed salad greens. Makes about 12 tablespoons.

Nutrition Facts

Serving Size: 2 Tbsp	
Calories	45
Total Fat	3.5g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	125mg
Carbohydrates	2g
Dietary Fiber	0g
Protein	1g

Diabetic Exchanges

Protein	0
Carbohydrates	0
Fat	.5