



Oriental Dressing - makes 1 ¼ cups

Recipes from www.naturalhealthyconcepts.com

2/3 cup extra virgin olive oil
2 tsp sesame oil
4 T Rice vinegar
2 T tamari (soy) sauce
1 tsp honey
2 tsp grated fresh ginger
2 tsp fresh chives finely chopped
1 clove garlic pressed

Combine ingredients in a capped cruet or jar with lid and shake vigorously until blended.

Use on any raw vegetable salad or as a dressing for coleslaw.

Per 2 Tbsp: Calories 147, Carbs 2.5g, Sugar 2g, Fat 16g, Sat Fat 2g, Sodium 257mg, Cholesterol 0

Nutrients per serving: Vit A 8.7 IU, B3 .15mg, Calcium 1.5mg, Magnesium 1.8mg, Potassium 12mg.

Zero preservatives, food colorings, MSG, chemicals, etc that is usually found in common store-bought salad dressings.