



Zesty Herb Salad Dressing

Serving Size: 2 tablespoons

Yield: 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.

Nutrition Facts per serving: Calories, 35; Calories from fat, 25 ; Total fat, 3g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 115mg; Total Carbohydrate, 2g; Fiber, 0g; Protein, 0g; Vitamin A, 0%; Vitamin C, 0%; Calcium, 0%; Iron, 2%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov>; Pennsylvania Nutrition Education Program

