



Soy Ginger Vinaigrette

Makes about one and a half cups of dressing

2 large garlic cloves, minced and mashed to a paste with ¼ teaspoon salt
¼ cup rice vinegar
3 TBS honey
¼ cup soy sauce
2 scallions – white and light green parts finely chopped
1 – inch piece fresh ginger – peeled and finely grated
¼ cup sesame oil
½ cup canola oil

Place the mashed garlic in a bowl. Add the vinegar, honey, soy sauce, scallions, ginger and sesame oil. Whisk to mix well. Slowly add the canola oil – in a thin stream – whisking constantly until you have an emulsified dressing. Refrigerate for up to 2 weeks. Mix dressing well before each use. Allow dressing to reach room temperature before using.

1/8 cup dressing - CALORIES 144.69; FAT 13.64 grs (sat 1.31; mono 7.53; poly 4.44); PROTEIN 0.55 grs ; FIBER 0.12 grs; CARBS 5.44 grs; CHOLESTEROL 0.00 mg; IRON 0.22 mg; SODIUM 339.60 mg; CALCIUM 5.05 mg