

Vinaigrette Salad dressing

This salad dressing is nothing like your basic vinaigrette formula - but you'll soon want to use it nearly every day. The classic vinaigrette is made with 3 parts oil to 1 part vinegar. As you can see, this version has no oil in it at all, making it extremely low in calories. But don't worry - it's very high in flavor. Once you've tried this I'm sure it'll become your basic everyday staple for salad. And you can never eat too much salad!

Ingredients:

1/4 cup apple juice
1/4 cup cider vinegar
2 tablespoons chopped onion
2 cloves garlic, chopped
1/2 teaspoon dried whole oregano
Pinches of rosemary and thyme
1/2 teaspoon dry mustard powder
1/2 teaspoon paprika
1/2 of a roasted red bell pepper

Combine all ingredients in a blender container. Blend to mix thoroughly.

Nutritional Information: Per serving: 8 calories, 0 g total fat (0 g sat), 0 mg cholesterol, 2 g carbohydrate, 0 g protein, 0 g fiber, 50 mg sodium, 8 Servings