



French Salad Dressing

Servings 3 | Prep time 3 mins. | Total time 3 mins.

Equipment:

Jar or Bottle with Lid

Utensils:

Measuring cups and spoons

Whisk or fork

Ingredients

2 tablespoons olive oil OR vegetable oil

1/4 cup reduced sugar and sodium ketchup

1 teaspoon honey OR sugar

1 tablespoon white vinegar

1/2 teaspoon paprika

1 tablespoon onion powder

1 tablespoon lemon juice

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Combine all ingredients into a jar or bottle with a tight-fitting lid.
3. Put on lid and shake well. If ingredients have not mixed thoroughly whisk with fork before serving.
4. Chill in the fridge for at least 1 hour before serving.

Nutritional Information:

Calories 60 Total Fat 4.5g Sodium 90mg Total Carbs 5g Protein 0g