



# 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