

CARROT GINGER MISO DRESSING, LOW SODIUM

Serving size: 1 fl oz

Makes 14 servings

- 1 cup Carrots, julienned
- ¼ cup Rice Wine Vinegar
- 2 tsp White Miso Paste
- 2 ½ TBSP Fresh Ginger, minced
- 1 ½ TBSP Yellow Onion, chopped
- 1/8 tsp Salt
- ½ cup Canola Oil

Preparation:

1. Combine carrots, vinegar, miso, ginger, onion, and salt in a blender. Puree until smooth.
2. Continue to blend while streaming in canola oil until dressing is emulsified.
3. Strain dressing through a fine-mesh strainer.



NUTRITION FACTS PER SERVING

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|-------------------------------|----|
| calories | 70 |
| total fat (g) | 7 |
| saturated fat (g) | 0 |
| trans fat (g) | 0 |
| sodium (mg) | 55 |
| total carbohydrate (g) | 1 |
| dietary fiber (g) | 0 |
| sugar (g) | 0 |
| protein (g) | 0 |