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Creamy Citrus Ginger Salad Dressing

Makes about 1 cup

2 ounces nonfat plain
yogurt

4 ounces orange juice

2 tablespoons lemon juice

1 tablespoon vegetable oil

1 teaspoon ground ginger

1 teaspoon sugar

1 teaspoon ground pepper

■ Mix together all ingredients and serve. Refrigerate any remaining portion.

— *From Debbie Westhafer
Schoonmaker, from the Sur
La Table salad dressing
mixing bottle*

Per tablespoon: 15 calories, 1g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 2g carbohydrates, 0g fiber, 1g sugars, 0g protein. *Calories from fat: 10.*

— *Staff analysis*

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