

Sauces

Asian Dressing

If you have a small jar with a tight-fitting lid, use it to combine the ingredients. Add the ingredients, seal the jar and shake vigorously.

3 tablespoons fresh lime juice or rice vinegar

1 tablespoon soy sauce

1/8 teaspoon salt

dash cayenne pepper

2 tablespoons vegetable oil

2 tablespoons mild honey

1 tablespoon asian sesame oil

In a small bowl, combine the lime juice, soy sauce, salt and cayenne. Whisk or vigorously beat with a fork.

Add the vegetable oil, honey and sesame oil. Whisk until well mixed.

Yield: 1/2 cup dressing

Per Serving (excluding unknown items): 371 Calories; 41g Fat (97.4% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1285mg Sodium. Exchanges: 1/2 Vegetable; 8 Fat.