



Tangy French Dressing

Shine **365**
Marshfield Clinic

PREP TIME: 5 minutes • **SERVINGS:** 6

INGREDIENTS

- 1½ cups low-sodium tomato juice
- 1 tablespoon sugar
- 2 teaspoons lemon juice
- 1 tablespoon oil (olive or canola)
- ¼ teaspoon salt
- Pepper to taste
- ½-1 teaspoon herbs of choice, including basil, thyme, oregano, etc.

INSTRUCTIONS

Put all ingredients into blender and blend until smooth. Chill and keep in refrigerator. Preparation time: 5 minutes.

NUTRITION INFORMATION

Each serving contains about 42 calories; 2 fat grams, 1 g protein; 144 mg sodium; 5 g carbohydrates