



## Soy Sesame Vinaigrette

4 Servings • 1 Serving = 2 Tablespoons

Recipe from *The Love Diet* by Connie Guttersen, RD, PhD

### INGREDIENTS

- ¼ cup less sodium soy sauce
- 1 Tablespoon rice vinegar
- ½ Tablespoon lemon juice
- 1 Tablespoon ginger, minced
- 1 clove garlic, minced
- 2 teaspoons sesame oil
- Salt and freshly ground black pepper, to taste

### DIRECTIONS

1. Combine all ingredients in a small bowl or mason jar. Whisk well.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 710mg	<b>31%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 2mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 11mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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