

FAT-FREE SESAME VINAIGRETTE

This is a fat-free, sugar-free, and low-salt oriental style salad dressing. It is particularly good on the Chopped Salad recipe appearing in this section¹.

Every time I make it, I ask myself, “Wouldn’t this be better if a half teaspoon of puréed garlic were added?” So far, I have resisted the temptation. Why don’t you try it and let me know?

5 oz rice wine vinegar

5 oz water

¼ cup low-salt soy sauce

2 tbsp “sugar”

¼ tsp xanthan gum or guar gum

2 tbsp fresh ginger, peeled and minced

¼ cup chopped green onions

2 tsp toasted sesame oil

Put the vinegar, water, soy, and “sugar” in a mixing bowl and stir to blend. Add the gum and whisk it in until the mixture thickens. Add more vinegar if too thick, and more gum, if too thin. Add the ginger, onions, and oil and whisk until blended.

Makes about 16 oz.

¹*Japanese Chopped Salad*