

Sesame Vinaigrette

1 Tbs. sesame seeds
2 Tbs. reduced-sodium soy sauce
1 Tbs. rice wine vinegar or cider vinegar
1 Tbs. minced ginger
1/3 cup unsweetened apple sauce
1 Tbs. toasted sesame oil
1/3 cup canola oil

2 Tbs: 110 cal, 12g Fat, 135 mg Sodium

Creamy Citrus Vinaigrette

¼ orange juice
2 Tbs. fresh lemon juice
¼ tsp salt
1 clove garlic, minced
1/3 cup mayonnaise
1/3 cup canola oil

2 Tbs. 150 cal, 17g Fat, 125mg Sodium

Honey Mustard

3 Tbs. country Dijon
1 Tbs. honey
3 Tbs. orange juice
¼ cup mayonnaise
1/3 cup canola oil

2 Tbs. 150 cal, 15g Fat, 170 mg Sodium

Classic Vinaigrette

2 Tbs. Dijon mustard
3 Tbs. red wine vinegar
¼ tsp. salt
Freshly ground black pepper, to taste
2 tsp. honey
1 small shallot, minced
½ cup extra-virgin olive oil

2 Tbs: 140 cal, 16g Fat, 140 mg Sodium

Balsamic Vinaigrette

1/3 cup balsamic vinegar
1 clove garlic, minced
½ tsp fresh thyme (optional)
1 Tbs. dark brown sugar
½ tsp. salt
2/3 cup extra-virgin olive oil

2 Tbs: 170 cal, 19g Fat, 150 mg Sodium

Greek Vinaigrette

2 Tbs. fresh lemon juice
3 Tbs. orange juice
1 clove garlic, minced
½ tsp. fresh oregano
¼ tsp. salt
Freshly ground black pepper, to taste
1/3 cup crumbled feta cheese
½ cup extra-virgin olive oil

2 Tbs: 140 cal, 15g Fat, 140 mg Sodium