

Salsa Dressing



- 3 Tablespoons **apple juice concentrate**
- 1/2 cup **salsa** (check label for low sodium)
- 2 Tablespoons **red wine vinegar**
- 1 Tablespoon **olive oil**

Whisk all ingredients until blended.

Per 2 Tablespoons: 35 calories, 0g protein, 5g carbohydrate (0g fiber), 2g fat (0g sat, 2g mono/poly), 60mg sodium

Makes 1 cup

SEASONED COOK

Homemade is an easy way to save money, eliminate fake food, and control calories. They contain no preservatives, and will keep in the refrigerator up to two weeks.