

Richard Dressing

Ingredients:

- 1 small onion
- 1 T. sour cream
- ¼ C. red wine vinegar
- ½ C. canola oil

Procedure:

Peel the onion and grate it into a mixing bowl. Add the other three ingredients and whip together well. This dressing is very flavorful and does a nice job with romaine and any combination of blanched vegetables.

Portion: 2 Tablespoons

Nutrient content:

- 130 calories
- Trace protein
- 4 milligrams calcium
- 8 milligrams phosphorus
- 4 milligrams sodium
- 35 milligrams potassium

Exchange: 3 low sodium fats