

Asian Salad Dressing

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Use this dressing on a simple salad of greens, shredded carrots, cucumbers, and radishes. Great on a scoop of grain salad like couscous or quinoa. It's even good on rice noodles. The ginger can be spicy; use less if you like. Add a splash of vinegar if you want more pep.

$\frac{2}{3}$ cup mild white miso or
brown miso
 $\frac{1}{3}$ gallon water, room temperature
 $\frac{1}{3}$ cup shredded carrots
2 tablespoons sesame oil
 $\frac{1}{4}$ cup peeled and minced ginger

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 3½ TEASPOONS

Use a microplane or super-fine shred blade to shred carrots.

In a blender or food processor, mix miso with water until blended. Add shredded carrots and ginger. Depending on the strength of the miso, add more water to dilute.

Gently stir in sesame oil. Dressing will separate but simply shake well before serving.

NUTRITIONAL INFORMATION

CALORIES: 6; SODIUM: 69.04 MG; SATURATED FAT: 8.46%

USDA REQUIREMENTS MET

N/A