

Low-Fat Salad Marinade

BY **BOSTON PUBLIC SCHOOLS**

This dressing also makes a terrific marinade for chicken fajita meat. Just marinate the chicken overnight and serve with Spanish-Style Rice.

- 2 tablespoons garlic powder
(or 8 cloves, minced)
- ¼ cup onion powder
- 2 tablespoons Italian seasoning
- ½ tablespoon black pepper
- 1 teaspoon salt
- 1 cup orange juice (two 4-ounce
juice cartons)
- ¼ cup mayonnaise
- 2 cups cider vinegar
- 2½ cups canola oil
- ½ cup grated Parmesan cheese
(optional)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ FLUID OUNCE

In a large bowl, combine the garlic powder and onion powder with the Italian seasoning, black pepper, and salt.

Whisk in the orange juice, mayonnaise, and vinegar.

Whisk in the oil slowly, until all the oil is added.

Add Parmesan cheese (if desired).

Chill dressing before service.

To serve, fill 1-ounce soufflé cups halfway full and set out on sheet pan for students.

NUTRITIONAL INFORMATION

CALORIES: 56; SODIUM: 37.01 MG; SATURATED FAT: 13.29%

USDA REQUIREMENTS MET

N/A