

# **`Slim` Dressing**

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*1 cup tomato juice  
12 envelopes chicken broth  
mix  
4 tablespoons vinegar  
1 teaspoon prepared  
mustard  
1 1/2 teaspoons  
Worcestershire sauce  
2 teaspoons dry onion  
flakes  
1 teaspoon sweetener  
dash garlic powder  
dash cinnamon*

Combine all of the ingredients in a blender.  
Pulse until well blended and smooth.

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Per Serving (excluding unknown items): 68 Calories; trace Fat (4.0% calories from fat); 2g Protein; 17g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1026mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.