

Japanese Style Salad

Sumi Ford

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 2

*1/2 head iceberg lettuce, cut
to bite-size*

1/2 carrot, shredded

*1/3 cup japanese seasoned
vinegar (Sushizu)*

1 teaspoon sesame oil

*1 tablespoon white roasted
sesame seeds*

In a bowl, mix the vinegar and sesame oil..
Shake well.

In a bowl, mix the lettuce and carrot.

Pour the dressing mixture over the mixed lettuce
and carrot. Sprinkle the sesame seeds on top of
the salad right before serving.

Per Serving (excluding unknown
items): 44 Calories; 3g Fat (48.2%
calories from fat); 2g Protein; 5g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 18mg Sodium.
Exchanges: 1 Vegetable; 1/2 Fat.