

Soy Salad Dressing

Jim Riddle/ Sue Pruchnickt

The Church of St. Michael and St. George - St. Louis, MO - 1985

*1/2 cup soy sauce
2 anchovies
juice from three limes or two
lemons
2 cloves garlic, chopped
1 one-inch piece ginger,
minced*

In a bowl, mix all of the ingredients.

Per Serving (excluding unknown items): 121 Calories; 1g Fat (8.7% calories from fat); 11g Protein; 18g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 8526mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fat.