

Rice Wine Vinegar Dressing

A creamy, light, tangy and savory Asian dressing. It has a slight hint of sesame and garlic, along with a touch of sweetness.

Serving Info.:

Yield: 1-1/4 cups
Serving Size: 1/4
Servings: 5



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1/2 cup rice vinegar (unseasoned)
- 1 Tbsp white wine
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp lower sodium soy sauce
- 1 tsp sesame oil (toasted sesame oil, preferably)
- 1/4 tsp garlic powder
- 1/4 to 1/2 tsp salt, to taste
- 2 to 3 Tbsp water, to thin dressing to desired consistency

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes.

- If you can find 0 point 'rice wine vinegar', use it in place of the rice vinegar and white wine, for a total of 9 Tbsp. I have to use rice vinegar plus regular white wine, because no stores near me carry 0 point brands of rice wine vinegar, when scanned.

Sesame Ginger

This is my hacked down copycat recipe for the Sesame Ginger dressing, from 'Panera Bread'.

Serving Info.:

Yield: 1-1/2 cups
Servings: (6) 1/4 cup



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Ingredients:

- 1/2 cup fat free Greek yogurt
- 7 Tbsp rice vinegar
- 1/3 cup low sodium soy sauce
- 3 Tbsp sugar free syrup (pancake syrup)
- 2 tsp powdered peanut butter
- 1/2 tsp curry powder
- 2 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger, peeled, finely diced/minced
- 2 medium garlic cloves, crushed, minced
- 1-1/2 tsp sesame oil
- 1/2 tsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 1/8 tsp pepper (optional)
- 3 tsp sesame seeds

Directions:

- 1 Toast sesame seeds over medium-low heat, for 4-5 minutes. Once they are slightly golden and fragrant, set aside.
- 2 Whisk all of the ingredients together, in a mixing bowl, until smooth. Done.

Thousand Island

If we're being honest here, the only reason I make this, is so I can put it on burgers, not salads. I'm sure it's good on salads, but I use it for homemade 'Big Mac's and 'In-n-Out'.

Serving Info.:

Yield: 2-1/2 cups
Servings: (10)
Serving Size: 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/3 cup tomato sauce
- 1/2 cup finely diced onion
- 2 tsp lemon juice
- 2-3/4 tsp paprika
- 1/3 cup dill pickle relish
- 2-3 tsp 0 point sweetener o' choice, to taste
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- 1 to 2 Tbsp water, if desired, to thin the dressing

Directions:

- 1 Whisk all of the ingredients together to combine. Done.

Notes:

- If you'd prefer to use sweet relish, you can find 0 point sweet relish at some grocery stores. I've personally never seen it, but I always see people posting about it. If you do end up using sugar free sweet relish, remove the 0 point sweetener from the recipe.
- The purpose of the paprika in this recipe is to help give the traditional pink-ish color of the dressing, without adding tomato paste or food coloring, like the bottled stuff. 0 points for the win, baby.