

## Red Sunset Salad Dressing

Contributors: Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Cup	Low fat mayonnaise	( use 20 calories per tablespoon)
¼	Cup	No-salt catsup	
3 ½	Tablespoons	Lemon juice	
1	Teaspoon	Onion powder	
1	Teaspoon	Garlic powder	
½	Teaspoon	Black pepper	
1	Teaspoon	Celery flakes	

1. Combine all ingredients in a bowl and refrigerate.

*Yield: Sixteen (16) 1 Tablespoon servings.*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 gm	20 gm	300 mg	25 grams
1 serving of this recipe	25	125 (5%)	2 g (3%)	-	-	-

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Do you have recipes that you want us to modify?  
Send it to [Mable@cnesinc.org](mailto:Mable@cnesinc.org)