

Frugal Foodie Friday: Scrumptious Sesame-Orange Salad Dressing

Yes, another salad dressing. It is summer after all, aaaaand they are just too easy and delicious not to share! Besides, fitting in that big bowl of greens is so much tastier when you have so many wonderful and healthy salad dressings to experiment with. I discovered this fabulously flavorful Sesame-Orange Dressing in the latest issue of Cooking Light. Their version seemed a bit too firey for our tastes, so I toned it down a bit, added some green onions (which melded nicely), thickened the dressing slightly, and doubled the recipe overall. To sweeten the deal, this recipe is low fat (less than 3g of unsaturated fat per serving!), vegan, egg-free, nut-free, soy protein-free, optionally gluten-free, and of course, dairy-free. It goes beautifully over a vegetarian salad of spinach, red bell peppers, carrots, and snow peas (as dished up in the mag) or as I discovered, over a light chicken salad.