

OUR FAVORITE CANCER-FIGHTING RECIPES

Homemade Oil-less Salad Dressing with O.J.

Ingredients:

- 1/2 cup freshly-squeezed orange juice
- 1 Tablespoon red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon oregano
- 1/4 teaspoon Italian Seasoning (for example, McCormick or Spice Islands)
- Salt & pepper to taste

Procedure:

- 1) Mix all ingredients in a small bowl.
- 2) Pour over salads.

Serves: enough for 2-3 small dinner salads

Nutritional content:

1/2 cup (or 4 fl. oz.) of orange juice alone has 55 calories and 60% of the % Daily Value for vitamin C, 6% of the % DV for potassium, as well as a good amount of thiamine, niacin and folate. The rest of the ingredients have negligible calories. (% DV is based on a 2,000 calorie diet.)