TASTY LOW FAT SALAD DRESSINGS

Tofu Mayo

(Makes about 1 1/2 cups)

This low-fat mayonnaise substitute is made with silken tofu. Use it instead of the higher fat versions in any recipe.

1-12.3 oz. package firm or extra-firm silken tofu
3/4 tsp. onion powder 1/2 - 3/4 tsp. salt
1/2 tsp. garlic powder 2 tsp. Dijon mustard
1 Tbsp. apple cider vinegar 1/2 tsp. sugar
2 Tbsp. raw cashews (optional)

Combine all ingredients in a blender and process until completely smooth. Chill before using.

(Per Tbsp.: 14 calories, 0.7 g fat, 1.2 g protein, 0.7 g carbohydrate, 0.6 g sugar, 0 g fiber, 65 mg. sodium)

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