Salad with Japanese Ginger Dressing

Ingredients:

8 cups romaine lettuce, chopped
1 cup carrots, julienned
1 cup red cabbage (optional)

Dressing:
7 ounces carrots, peeled and chopped (about 3/4 cup)
4 ounces onion, chopped (about 1/2 cup)
2 tablespoons ginger
1 tablespoon sugar
1/4 cup low sodium soy sauce
1/2 cup rice vinegar
3/4 canola oil

*This recipe makes extra that can be stored in air tight container for up to 2 weeks in the fridge.

Nutrition Facts
Serving Size 1 cup (121g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 1g	

Vitamin A 110% • Vitamin C 25%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Put all the dressing ingredients except the canola oil in a blender or food processor and blend until smooth.
2. Slowly add the oil and blend until the mixture has combined together. Set aside.
3. Add lettuce, carrots, and cabbage to a bowl, if desired.
4. Plate about 1 cup of salad mixture and spoon about 2-3 tablespoons of dressing on individual serving. Enjoy!

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Source: http://www.pickledplum.com/japanese-restaurant-style-ginger-dressing