

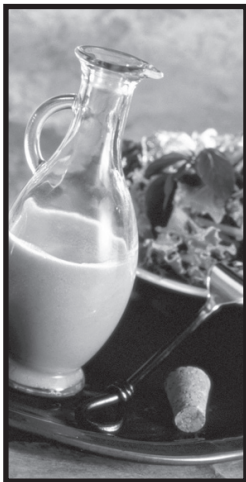
APRIL IS NATIONAL SOYFOODS MONTH

Lemon Miso Dressing

Recipes provided by...

Soybeans

Nebraska Soybean Board



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INGREDIENTS...

- 1/2 cup Miso (fermented soybean paste)
- 1/3 cup Water
- 2 tsp Grated fresh gingerroot
- 1/3 cup Each sugar and lemon juice
- 2 tbsp Soybean oil (vegetable oil)**
- 1/2 tsp Grated lemon peel

Mix miso, water and ginger in blender; strain and reserve liquid. Blend reserved liquid and remaining ingredients until thoroughly mixed.

Serving Suggestion:

Serve 2 to 3 tablespoons over mixed greens or sliced cucumbers.

Makes 1.5 cups.

Quick Tip... *Feel like adding a trendy twist to your dinner salad? Throw on some edamame!*

Per 2 tbsp dressing:

Calories:	67
Protein:	1.5 g
Carbohydrate:	9.4 g
Total fat:	3.0 g
Cholesterol:	0 mg
Sodium:	418 mg
Dietary Fiber:	0.7 g

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