



THAI SUNFLOWER BUTTER DRESSING

PREP TIME: 5 minutes

SERVING SIZE: 2 tablespoons

COOK TIME: 0 minutes

SERVES: 4

INGREDIENTS

- 2 tablespoons sunflower seed butter
- 2 tablespoons white vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lime juice, fresh
- 1 tablespoon soy sauce, low sodium
- 1 teaspoon honey
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger



PREPARATION

1. Place all ingredients in a mason jar or a container that has a sealable lid.
2. Shake container vigorously to mix until combined. Use as a salad dressing or dip.
3. Serve immediately, or refrigerate in a sealed container for up to one week.

ADAPTED FROM:

onceuponachef.com

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

4 servings per container
Serving size 2 tablespoons
(32g)

Amount per serving
Calories **120**
% Daily Value*

Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 55mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 10/18
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



ADEREZO TAILANDÉS DE SEMILLA DE GIRASOL

TIEMPO DE PREPARACIÓN: 5 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMAÑO DE PORCIÓN: 2 cucharadas

PORCIONES: 4

INGREDIENTES

- 2 cucharadas de mantequilla de semillas de girasol
- 2 cucharadas de vinagre blanco
- 2 cucharadas de aceite de oliva extra virgen
- 1 cucharada de jugo de limón, fresco
- 1 cucharada de salsa de soja, baja en sodio
- 1 cucharadita de miel
- ¼ cucharadita de ajo en polvo
- ¼ cucharadita de jengibre molido

PREPARACIÓN

- Coloque todos los ingredientes en un frasco de conservas o en un recipiente que tenga una tapa sellable.
- Agitar vigorosamente el envase para mezclar hasta que esté combinado. Utilizar como aderezo para ensaladas o dip.
- Sirva inmediatamente o refrigere en un recipiente sellado por hasta una semana.

ADAPTADA DE:

onceuponachef.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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Este material fue financiado en parte por el programa del USDA – SNAP en inglés