

Chinese Vegetable Salad Dressing

Ingredients:

1 cup Avocado Oil
2 Tbsp minced garlic
2 Tbsp minced scallion
2 Tbsp minced ginger
(Other aromatics can be added into these)

1 Tbsp Honey or any sweetener you like
1 Tbsp oyster sauce
2 Tbsp black vinegar
1/4 cup soy sauce (or Liquid Aminos, Coconut Aminos)
1/2 lemon juiced and zested

Directions:

Heat oil before it smokes

Pour hot oil over aromatics mix and rest for 5min for all flavors to combine

Mix everything together

Salt to taste

8 Servings:

Calories: 56
Total Fat: 3.6 g
Saturated Fat: 0.8 g
Cholesterol: 0 mg
Total Carbohydrate: 6.2 g