

Low Calorie Lemon French Dressing

Yields about 1 cup, 12 to 13 calories per tablespoon

Ingredients

- 1 tsp unflavored gelatin
- 1 Tbsp cold water
- 1/4 cup boiling water
- 2 to 3 Tbsp sugar
- 1/2 tsp salt
- 1 tsp grated lemon peel
- 1/2 cup fresh lemon juice
- 1/4 tsp garlic salt
- 1/8 tsp pepper
- 1/8 tsp dry mustard
- 1/4 tsp Worcestershire sauce

Instructions

1. Soften gelatin in cold water.
 2. Add boiling water and stir until gelatin dissolves.
 3. Stir in sugar and salt until dissolved.
 4. Combine mixture with grated lemon peel, lemon juice, garlic salt, pepper, dry mustard, and Worcestershire sauce.
 5. Shake well.
 6. Serve cool, but not chilled, over salad greens.
- > ****Storage:**** This may be covered and stored in the refrigerator. Before serving, place the container of dressing in a pan of hot water for 5 minutes to reliquefy the gelatin.

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LEMON FRENCH DRESSING**

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