

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Orange-Cumin-Cilantro Vinaigrette

2 tablespoons per serving

- 1 cup orange juice, preferably freshly squeezed
- 2 teaspoons cumin seed, toasted
- 2 tablespoons lime juice
- Zest of 1-2 limes
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup cilantro, chopped

Directions

Combine all ingredients and use within 2 days.

**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 2 TABLESPOONS

SERVING:

Calories	130
Fat	14 g
Saturated Fat	2 g
Sodium	100 mg
Carbohydrate	4 g
Fiber	0 g
Protein	.5 g
Potassium	290 mg

Also a good source of
Vitamin C, Vitamin A

Cost per Serving: \$.60