

BALSAMIC VINAIGRETTE SALAD DRESSING



VantageWellness.com

Ingredients

Yields: 8 servings

- 3 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 garlic clove, minced
- 1/2 c extra virgin olive oil
- Salt and freshly ground pepper

Directions

1. In a small bowl, combine the vinegar, mustard, and garlic.
2. Add the oil in a slow steady stream, whisking constantly.
3. Season with salt and pepper to taste. This dressing will keep in the refrigerator several days.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 tbsp	126	13.5 g	0 g	1 g	40 mg

Carbohydrate Exchanges: 0