

COOKING FOR WELLNESS

Vinaigrette Dressing

Ingredients

½ cup Olive Oil

3 T White Balsamic Vinegar (or vinegar of your choice)

1 T Dijon Mustard

1 T Honey

2 T Minced garlic

Salt/Pepper to taste

Instructions:

Place all ingredients in a jar, place lid and shake till combined.



Nutrition Information:

6 servings, 2 T ~ 183 calories, ~19 g fat, 90 mg sodium

Adapted from Cookies + kate: <https://cookieandkate.com/how-to-make-vinaigrette-plus-variations/>



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<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
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