Basic Vinaigrette

Dressing

Serves: 6

**Items Needed:** medium size mixing bowl, whisk

**Ingredients:**

- 1/4 cup olive oil
- 2 tbsp. balsamic vinegar (any vinegar will work.)
- 1 1/2 tbsp. mustard/honey
- 1/2 tsp salt
- 1/2 tsp ground black pepper

**Directions:**

1. Combine vinegar mustard and or honey (I like to use a little bit of both.) in small bowl
2. Mix well with a whisk or fork until smooth
3. Stream in the oil slowly until all ingredients are mixed together evenly and the dressing doesn’t separate.
4. Pour over salad and toss until coated evenly

**Nutrition Information (per 1/6 of recipe):**

Calories: 100  Fat: 9 g  Carbs: 5 g  Protein: 0 g  Sodium: 200 mg