



### Lemon-Dijon Vinaigrette

Makes 2/3 Cup dressing

- 2 Tablespoons water
- 3 Tablespoons lemon juice
- 2 Tablespoons olive oil
- 1 ½ Tablespoons red wine vinegar
- 1 Tablespoon Dijon mustard or any spicy mustard
- 2 teaspoons garlic, chopped finely
- ½ teaspoon black pepper
- ¼ teaspoon salt

Put all ingredients in a jar. Cover and shake briskly until combined. Store in refrigerator.

#### Nutrition Information (per Tablespoon)

Calories: 25	Carbohydrate: 1g
Fat: 2g	Fiber: 0g
Saturated fat: 0g	Protein: 0g

Recipe adapted from Cooking Light magazine.