



## 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 together in a jar. Cover and shake briskly until combined.  
Store in refrigerator.

### Nutrition Information (per tablespoon)

Calories: 25  
Total fat: 2g  
Saturated fat: 0g  
Carbohydrates: 1g  
Dietary Fiber: 0g  
Protein: 0g

Recipe adapted from Cooking Light Magazine.