



CREAMY ITALIAN DRESSING

Basic Lifestyle

Ingredients:

- 1-1/2 cups low-fat or fat-free mayo
- 2 TBS white wine vinegar
- 2 TBS lemon juice
- 2 TBS water
- 2 TSP Worcestershire sauce
- 2 TSP honey
- 2 large garlic cloves, minced
- 1 TSP dried oregano (or 1 TBS fresh oregano)
- 1 TSP dried basil (or 1 TBS fresh basil)

Instructions

1. In a medium mixing bowl, whisk together all ingredients until thoroughly combined.
2. Cover tightly and refrigerate for at least 1 hour before serving. Serve cold.

Portion-Per-Serving Information (Yields 2 cups = 16 TBS)

Serving size = 2 TBS = 20 calories (120 calories = 1 FT)