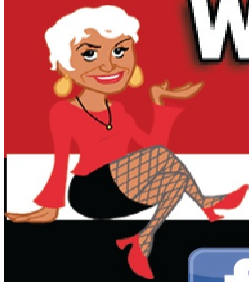


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



*No one does what we do!*



[weightnomoredietcenter.com](http://weightnomoredietcenter.com)

WeightNoMoreDC



## DIJON-LEMON VINAIGRETTE DRESSING

Basic Lifestyle

### Ingredients

- 3 TBS low-sodium vegetable broth (or water)
- 2 TBS fresh lemon juice
- 2 TBS extra virgin olive oil
- 1-1/2 TBS red wine vinegar
- 1 TBS Dijon mustard
- 2 TSP minced garlic
- 2 TSP Worcestershire sauce
- 1/2 TSP black pepper
- 1/4 TSP Morton's Lite Salt (or a salt substitute)

### Instructions

1. Combine all ingredients in a jar. Cover tightly, and shake vigorously. Store in refrigerator.

**Portion-Per-Serving Information:** (Yields 2/3 cup, which = 10 TBS)

Serving = 2 TBS = 50 calories (120 calories = 1 FT)