



GARLIC-DIJON VINAIGRETTE

Basic Lifestyle

INGREDIENTS

½ cup extra-virgin olive oil
½ cup lemon juice
½ cup red-wine vinegar
¼ cup Dijon mustard
4 small cloves garlic, minced
½ TSP salt
Freshly ground pepper, to taste

INSTRUCTIONS

—Combine oil, lemon juice, vinegar, mustard and garlic in a blender, a jar with a tight-fitting lid or a medium bowl. Blend, shake or whisk until smooth. Season with salt and pepper.

Note: You can refrigerate for up to 1 week. Shake before using.

SERVING INFO: (Yields 28 TBS)

1 TBS = 38 calories towards your Fat calories per day.

See photo of recipe at [Instagram](#) and [Facebook](#).