

Basic Vinaigrette

Dressing



THE OHIO STATE
UNIVERSITY
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Serves: 6

Items Needed: medium size mixing bowl, whisk

Ingredients:

- 1/4 cup olive oil
- 2 tbsp. balsamic vinegar (any vinegar will work.)
- 1 1/2 tbsp. mustard/honey
- 1/2 tsp salt
- 1/2 tsp ground black pepper

Directions:

1. Combine vinegar mustard and or honey (I like to use a little bit of both.) in small bowl
2. Mix well with a whisk or fork until smooth
3. Stream in the oil slowly until all ingredients are mixed together evenly and the dressing doesn't separate.
4. Pour over salad and toss until coated evenly

Nutrition Information (per 1/6 of recipe):

Calories: 100 Fat: 9 g Carbs: 5 g Protein: 0 g Sodium: 200 mg