

Mustard Vinaigrette

Servings: 6

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- ¼ cup oil
- 2 tablespoons white wine vinegar (or apple cider/red wine vinegar)
- ¾ teaspoon Dijon mustard
- ¾ teaspoon honey or maple syrup
- ⅛ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

STEP 1: In a medium bowl, whisk together the oil, vinegar, mustard, maple syrup or honey, garlic powder, salt and black pepper until well combined.



- **Nutrition Boost:** Toss with any salad, or make it a meal by adding protein (beans, chicken or tuna), fruit (dried, canned or fresh) and/or nuts and seeds.
- **Try this!** Salad dressings are great made with olive oil, but can be made with almost any oil on hand!



Per Serving: 90 Calories | 3g Carbs | 3g Sugar | 0g Fiber | 9g Fat (1g Sat Fat) | 0g Protein | 115mg Sodium
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