

Basic Vinaigrette Salad Dressing (makes 16 servings)



1/2 cup Vinegar, red wine or balsamic
1/2 cup Oil, olive or canola
2 tsp Oregano, dried (or 4 tsp fresh chopped)
1 tsp Salt
1/2 tsp Black pepper
1/2 tsp Dry mustard (or 1 tsp prepared mustard)
2 cloves Fresh garlic, crushed and chopped fine

Place all ingredients in a jar, cover tightly and shake to blend. Store in the refrigerator.

Nutrition per serving (about 1 tablespoon): 72 calories; 0 gm protein; 3 gm carb; 7 gm total fat; 1 gm saturated fat; 0 trans fat; 0 cholesterol; 0 fiber; 147 mg sodium

Note: This vinaigrette dressing has many uses, such as tossed salad dressing; mixed bean salad dressing; marinade for fish or chicken before grilling; or a tasty drizzle over any vegetables or pasta.