



Eat Well

Zesty Dijon Vinaigrette

Directions

Combine all ingredients in a small dish and mix with a fork before drizzling over salads and steamed veggies. The vinegar and mustard pack a lot of flavor into a small serving, adding a pleasant tang that you can prepare in seconds!

Servings: 2

Nutrition information per serving:

Calories 40, Total Fat 4.5g, Saturated Fat 0.5g, Sodium 15mg, Carbohydrates 0g, Protein 0g.

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Ingredients

- » 2 tsp olive oil
- » 2 tsp vinegar (either white wine, champagne, or white balsamic)
- » 1 small squeeze of Dijon mustard (about ½ tsp)

