

Balsamic Lemon Vinaigrette



Makes: 1 cup of dressing

Ingredients:

- ¼ tbsp fresh thyme
- 1 tsp freshly ground black pepper
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 shallots, minced
- 1/3 cup balsamic vinegar
- 3 tbsp fresh lemon juice
- ¼ cup extra virgin olive oil
- Zest of one lemon
- Salt to taste

Procedure:

- Combine the thyme, pepper, garlic, mustard, and shallots in a food processor.
- Add the rest of the ingredients and mix well.
- Serve right away.

Per tbsp:

- Calories: 34
- Protein: 0 gm
- Carbohydrates: 1 gm
- Fat: 3 gm

This is a rich-in-flavor dressing for fresh salads.