

Basil and Mustard Dressing



Makes: 1½ cups of dressing

Ingredients:

- 1½ tbsp Dijon mustard
- ¼ cup fresh lemon juice
- 3 tbsp red wine vinegar
- ½ cup water
- ½ cup fresh basil, chopped
- ¼ tsp salt
- ½ cup extra virgin olive oil

Procedure:

- Combine all the ingredients well in a blender.
- Refrigerate for 1 hour before serving.

Per tbsp:

- Calories: 42
- Protein: 0 gm
- Carbohydrates: 0 gm
- Fat: 4 gm

This is a delightful dressing used mostly with fresh green salads