

## HONEY, DIJON MUSTARD AND GARLIC SALAD DRESSING

**Preparation Time:** 5-10 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Garlic, finely chopped	1 Clove	2 Cloves	3 Cloves	4 Cloves
Honey	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Dijon mustard	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Lemon juice, fresh	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- In mixing bowl, mix together all the ingredients except for the oil.
- Whisk the oil slowly into the mixed ingredients to combine them.
- Enjoy on any salad.

### Tips to Reduce Preparation & Cooking Time:

- When measuring the honey, use a metal spoon which has been dipped into boiling water, the honey will then slide easily off the spoon.
- Prepare this salad dressing in larger amounts and store it in the fridge to use as a quick dressing on salad or vegetables.
- Use bottled lemon juice instead of fresh lemon juice to reduce preparation time.
- Buy already crushed garlic in order to reduce preparation time.

<b>Honey, Dijon Mustard and Garlic Salad Dressing - Analysis per Serving</b>	
<b>Energy:</b>	
Calories (kcal):	92
<b>Protein (g):</b>	0.3
<b>Total Fat (g):</b>	8.3
Saturated Fat (g):	1.1
Monounsaturated Fat (g):	6.1
Polyunsaturated Fat (g):	0.7
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	0.0
<b>Carbohydrates (g):</b>	5.0
Of which is sugars (g):	4.1
<b>Fiber (g):</b>	0.1
<b>Sodium (mg):</b>	89.0