

# Vinaigrettes



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## Basic Vinaigrette

2 tbsp. Canola Oil  
3 tbsp. Vinegar  
1/8 tsp. Dry mustard powder  
1 Clove garlic minced  
1/2 tsp. Sugar  
Pepper & salt to taste.

**Per Serving (makes 5):** Calories 52  
Carbohydrate 1g Protein 0g Fat 6g  
Fibre 0g

## Balsamic Herb Vinaigrette

1 Clove garlic minced  
4 tbsp. Olive oil  
4 tbsp. Balsamic vinegar  
1 tbsp. Dried parsley  
1/2 tsp. Dried Basil  
1/2 tsp. Dried Oregano

**Per Serving (makes 8):** Calories 62  
Carbohydrate 1g Protein 0g Fat 7 g  
Fibre 0g

**Shake it Up!** Place the vinaigrette ingredients together in a container or jar and shake. Toss over salad or veggies.

**Time Saver:** Double or triple the recipe and store in the fridge.

**Note on food safety:** Use garlic powder instead of fresh garlic cloves if vinaigrette is to be stored in the fridge

## Asian Vinaigrette

3 tbsp. Rice or cider vinegar  
1 tsp. Sugar  
1 tbsp. Light Soya sauce  
1 tsp. Sesame oil  
1 tbsp. Canola Oil  
1 tbsp. Water  
1 clove garlic  
Pepper to taste

**Per Serving (makes 6):** Calories 32  
Carbohydrate 1g Protein 0g Fat 3g  
Fibre 0g