

Vinaigrette Salad Dressing

4 SERVINGS, ABOUT 2 TBSP. EACH



Ingredients:

1 bulb garlic, separated and peeled
1/2 cup water
1 Tbsp. red wine vinegar
1/4 tsp. honey
1 Tbsp. olive oil
1/4 tsp. black pepper

Directions:

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil. Reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp. and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl and, with a wooden spoon, mash the garlic through the sieve.
5. Whisk the vinegar into garlic mixture; mix in honey, oil, and black pepper.

Per Serving: 33 Calories; 3 grams Total fat; 1 gram Saturated fat; 0 mg Sodium
3 Tbsp. = 1 tsp. added oil