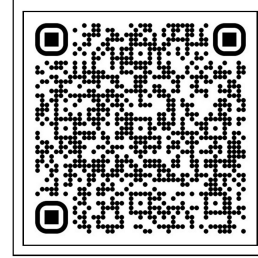




Cornell University
Cooperative Extension
New York City



Light Vinaigrette Dressing

Ingredients:

- 3 tablespoons vegetable oil
- 5 tablespoons wine vinegar
- 2 tablespoons lemon juice
- 6 tablespoons water
- 1 tablespoon mustard
- 1 clove garlic, minced
- 2 tablespoons onion, finely chopped
- 1 tablespoon sugar
- 1/8 teaspoon pepper
- 1 teaspoon dried basil

Directions:

1. Combine all ingredients in a jar with a tight fitting lid.
2. Shake well to mix.

Yields about 8 servings

Nutrition Facts

servings per container

Serving size 2 1/3 tablespoons (35g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 8mg **0%**

Iron 0mg **0%**

Potassium 24mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.