



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

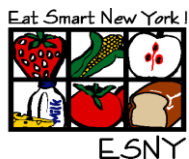
Directions:

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

Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: 1/8 recipe (1.3 ounces)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	60	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	0g		
Vitamin A	0%	Vitamin C	4%
Calcium	0%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
75% calories from fat			



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

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

