



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 – New York City Nutrition & Health Programs Recipe Collection.

| 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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