

## The Best Vinaigrette

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Sodium Per Serving – 30mg

Serves 6

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**2 tbsp white balsamic or red wine vinegar\***

**2 tbsp extra-virgin olive oil**

**1 tsp Dijon-style mustard\***

**1 tsp sugar or sugar substitute**

**1 roasted garlic clove, finely minced\***

**1/8 tsp dried basil or tarragon**

1. Blend together all ingredients, either by whisking in a small bowl or by shaking well in a screw-top jar. Pour over salad and toss.
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NUTRITIONAL INFO PER 2 TBSP: Calories 63, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 30mg

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*Variations:*

### **French Dressing**

Omit the sweetener and increase the Dijon-style mustard to 1 1/2 tsp.

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NUTRITIONAL INFO PER 2 TBSP: Calories 65, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 75mg

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### **Raspberry Vinaigrette**

Substitute 2 tbsp raspberry vinegar for the balsamic and 1/2 tsp finely grated orange peel for the garlic; reduce the sweetener to 1/2 tsp.

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NUTRITIONAL INFO PER 2 TBSP: Calories 62, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 30mg

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### **Shallot Vinaigrette**

Omit the garlic and sweetener, add 2 tbsp finely minced shallots.

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NUTRITIONAL INFO PER 2 TBSP: Calories 66, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 1g (Fiber 0g, Sugar 0g), Sodium 31mg

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### **\*Recipe Notes**

1. White balsamic vinegar is made from white grapes and is combined with white wine vinegar. Although milder and sweeter, it also is not as overpowering in salads as the darker balsamic vinegar.
2. Dijon mustard averages 120mg sodium per tsp. There are several brands with less than 70mg per tsp (see my website, [LowSaltFoods.com](http://LowSaltFoods.com), for a list of brands).
3. Bottled roasted minced garlic may also be used and is found in the produce section of most supermarkets.