

## Basic Salad Dressing

Recipe courtesy of ChopChop magazine

### Ingredients:

- 1/3 cup vinegar (any kind) or lemon juice
- 2/3 cup olive or vegetable oil
- 1 tsp Dijon
- 1 garlic clove, peeled and minced
- 1 tbsp. plain low fat yogurt
- salt and pepper



### Directions:

1. Put all the ingredients in a jar with a tight-fitting lid and shake until combined. Then taste a little on a lettuce leaf, and add more of anything you think it needs. Refrigerate up to two weeks.

Nutrition facts per serving (approximately 2 Tablespoons):

240 Calories  
28 g total fat  
1g Carbohydrate  
19 mg Sodium