



NUTRITION CONSULTING INC.

Vinaigrettes

Give your salads variety with these great vinaigrettes!

Basic Vinaigrette

Makes 5 servings

What you need:

2 tbsp. Canola Oil
3 tbsp. Vinegar
1/8 tsp. Dry mustard powder
1 Clove garlic minced
1/2 tsp. Sugar
Pepper & salt to taste.

Per serving:

Calories 52
Carbohydrate 1g
Protein 0g
Fat 6g
Fibre 0g



A M Photography

Shake it Up! Place the vinaigrette ingredients together in a container or jar and shake. Toss over salad or veggies.

Time Saver: Double or triple the recipe and store in the fridge.

Note on food safety: Use garlic powder instead of fresh garlic cloves if vinaigrette is to be stored in the fridge

Balsamic Herb Vinaigrette

Makes 8 servings

What you need:

1 Clove garlic minced
4 tbsp. Olive oil
4 tbsp. Balsamic vinegar
1 tbsp. Dried parsley
1/2 tsp. Dried Basil
1/2 tsp. Dried Oregano

Per Serving:

Calories 62
Carbohydrate 1g
Protein 0g
Fat 7 g
Fibre 0g

Asian Vinaigrette

Makes 6 servings

What you need:

3 tbsp. Rice or cider vinegar
1 tsp. Sugar
1 tbsp. Light Soya sauce
1 tsp. Sesame oil
1 tbsp. Canola Oil
1 tbsp. Water
1 clove garlic
Pepper to taste

Per serving:

Calories 32
Carbohydrate 1g
Protein 0g
Fat 3g
Fibre 0g

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