Honey-Mustard Vinaigrette

By Eating Well

Makes: About 1/2 cup

Total Time: 5 minutes

Ingredients

- 1 clove garlic, minced
- 1 tablespoon white-wine vinegar
- 1 1/2 teaspoons Dijon mustard, (coarse or smooth)
- 1/2 teaspoon honey
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1/3 cup extra-virgin olive or

Preparation

1. Whisk garlic, vinegar, mustard, honey, salt and pepper in a small bowl. Slowly whisk in oil.

Nutrition

Per tablespoon: 84 calories; 9 g fat (1 g sat , 7 g mono); 0 mg cholesterol; 1 g carbohydrates; 0 g protein; 0 g fiber; 49 mg sodium; 2 mg potassium.