



## Vinaigrette Salad Dressing

Serving size: 2 tablespoons

Yield: 4 servings

### Ingredients:

1 bulb garlic, separated and peeled

½ cup water

1 tablespoon red wine vinegar

¼ teaspoon honey

1 tablespoon virgin olive oil

¼ teaspoon black pepper



### Directions:

1. Place the garlic cloves into a small saucepan and pour enough water (about ½ cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 tablespoons and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Nutrition Facts: Calories: 32; Total fat: 3 g; Saturated fat: less than 1 g; Cholesterol: 0 mg; Sodium: 0 mg; Fiber: 0 g; Protein: 0 g; Carbohydrate: 1 g; Potassium: 6 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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