



# TOO E-Z Healthy Salad Dressings

## Balsamic Dijon Vinaigrette

- 1 16 oz Bottle Balsamic Vinegar\*
- 2-3 TBSPs Dijon Mustard

Place mustard with vinegar in bottle, you may need to remove some vinegar. Shake well, store in refrigerator. To use, drizzle over salad, follow with about an equal amount of extra virgin olive oil.

\*Read labels, go with brands having less carbs (sugar), 2 g serving OK.

## Red Wine Vinaigrette

- 1 16 oz Bottle Red Wine Vinegar
- 1/2 Pkg Good Seasons Dry Italian Dressing
- 1 Tsp Garlic powder if desired

Prepare and use same as the balsamic version.

**Remember commercial bottled salad dressings are usually made with soybean or cottonseed oils – heart stoppers over time, throw them out. A few commercial salad dressings use canola oil, better, but still not as good as olive oil. Low fat dressings can be the worst, replacing fat with lots of sugar or high fructose corn syrup. These carbs just convert to triglycerides (fat) in your body, after raising your blood sugar and insulin resistance.**

