



Cilantro, Caper and Lime Dressing

Ingredients:

- 1 clove garlic, finely chopped
- 1 ½ tsp whole grain mustard
- 2 limes, finely grated rind and juice
- 1 tbsp rice vinegar (must be 0 sugar)
- ¼ cup olive oil
- 1 tsp capers
- 3 tbsp fresh cilantro, chopped
- Freshly ground black pepper, to taste

Directions:

1. Place the garlic, mustard, lime, rind, juice, and vinegar in a bowl and mix together.
2. Slowly pour in the oil, whisking constantly, until well emulsified.
3. Stir in the capers and cilantro.
4. Season with black pepper, to taste.

- *Makes about 1 cup.*

Servings: makes 6 servings.

Each serving = daily healthy fat.

716-320-1515
DietMentor.com
info@dietmentor.com