



Lemon Chive Dressing

Ingredients:

- ¼ cup olive oil
- 2 tbsp chopped fresh chives or green onions
- ½ tsp grated lemon rind
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 small clove garlic, minced
- ¼ tsp each salt and pepper

Directions:

1. In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.
2. Enjoy!

Servings: makes 6 servings.

Each serving = daily healthy fat.

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