



Roasted Garlic Dressing

Ingredients:

- 2 tbsp French shallots, chopped
- 1/3 cup apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 teaspoon salt
- 1 pinch white pepper
- 1 egg white
- 6 cloves garlic, roasted in a 360°F oven until softened and lightly browned (about 20 minutes)
- 1 cup olive oil

Directions:

1. In a blender, blend all ingredients except oil.
2. While blender is running, add oil in a thin stream until emulsified.
3. Serve roasted garlic vinaigrette immediately.
4. Enjoy!

Servings: makes 24 servings.

Each serving = daily healthy fat.

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