

## Ingredients:

- 1/3 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- 1 tbsp. Dijon mustard
- 1/8 tsp. salt
- 1/8-1/4 tsp. black pepper



## Directions:

1. Add all ingredients to small bowl and whisk well.
2. Pour over salad.

**Cost:** About \$0.30 per serving!

## Tips:

- For a heart-healthy diet, eat 9-10 servings (about 4 1/2 cups) of fruits and vegetables every day.
- Try to eat local and seasonal produce, it'll taste the best!
- Store bought salad dressing can contain a lot of sugar. Make your own at home! Remember, it's 2 parts vinegar to 3 parts olive oil.
- Be sure to balance salt, fat, and acid to make it taste the best!
- The AHA recommends that women consume no more than 6 teaspoons, or 25 grams of sugar a day and that men consume no more than 9 teaspoons, or 36 grams of sugar a day.

<b>Nutrition Facts</b>	
Serving size	1/4 of Recipe
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	