

Salad Dressing

3 tablespoons aged Balsamic vinegar
3 tablespoons Olive oil
1 clove garlic smashed and minced
Juice of ¼ fresh lemon
1 tablespoon honey
1 tablespoon stone ground mustard
Pinch of sea salt and pepper

In a shaker container or small bowl add ingredients and vigorously shake or whisk together. Pour mixture over vegetables and toss.

Variations: this is a basic recipe. For some variety, replace half the olive oil with sesame oil; try a flavored vinegar or olive oil such as those found at the specialty oil and vinegar stores; add spices such as cumin, Italian seasoning, hot chili flakes or powder. Also see Dr. Rich's Super Salad for another variation of the recipe.