

Italian Vinaigrette

Ingredients

- ½ cup chicken or vegetable broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon organic Italian herb spice blend
- 2 tablespoons onion, finely minced
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. Combine ingredients in small saucepan.
2. Simmer on low heat for 5 minutes to combine flavours.
3. Remove from heat, chill, and serve as a dressing or use as a marinade.

Makes 2 or more servings
0 protein
0 fat
5 calories per serving

PHASE 3 MODIFICATIONS:

Add olive oil or omit the lemon juice and stir in sour cream or mayonnaise to make creamy Italian dressing.

