


# Garlicky Balsamic Vinaigrette

 Ready in 5 minutes

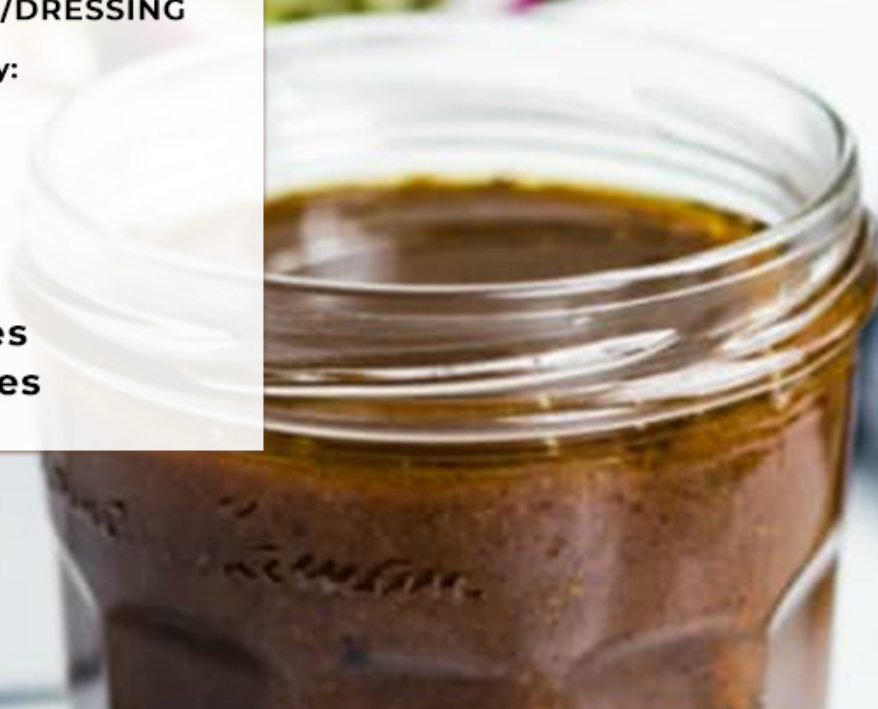


Meal Type:  
STAPLE/MARINADE/DRESSING

Preparation Difficulty:  
**EASY**

Program Phase:  
**ALL PHASES**

Preparation Time:  
**PREP: 5 minutes**  
**COOK: 0 minutes**



## **INGREDIENTS (10 SERVINGS):**

(1 SERVING = 2 TBSP)

1/2 cup extra virgin olive oil OR avocado oil

1/2 cup balsamic vinegar (not reduction)

1/4 cup water (if the final product is too strong for your liking, add a couple more tbsp of water)

1-2 garlic cloves, minced (depending on how strong of a garlic flavor is desired)

2 tsp Italian seasoning

A dash of onion powder

Salt and pepper to taste

Optional: 2 tsp of Dijon mustard to help with emulsification/ flavor

1. In a medium bowl, combine all ingredients and whisk well. Use a blender or stick blender to help with the emulsification of the dressing.
2. Funnel into a jar, container or a glass salad dressing bottle and store in the fridge.
3. Use on salads, as marinades for meat or plant proteins and veggies!



**TIP: MAKE A LARGE BATCH TO USE IN BIGGER RECIPES FOR HOLIDAYS, FAMILY EVENTS, AND PARTIES!**

**#EATGOODFEELGOOD**