



“BROWN SUGAR” BALSAMIC DRESSING

By Dr. Cindy Tazar
(Standard/Maintenance)

In addition to providing a host of health benefits, Balsamic vinegar also lends amazing flavor and a touch of class to many dishes. With a perfect blend of sweet, savory and tart flavors, this dressing can be used to drizzle over roasted or grilled vegetables, sautéed onions and mushrooms, tomato salad, chicken, beef, salmon or even strawberries. You can adjust the sweetness to your liking or not even use the “brown sugar” at all. Swerve Brown sugar replacement is a great low-glycemic, weight-loss friendly product that can be found at many grocery stores (Walmart, Kroger, etc.) now or online.

One serving of this recipe is 2 Tablespoons and covers your fat for one meal.



INGREDIENTS

- 3/4 cup extra virgin olive oil
- 1/4 cup organic Balsamic vinegar (no additives, etc)
- 1 Tbsp Swerve Brown sugar replacement
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- 1/2 tsp Pink Himalayan salt
- 1/4 tsp black pepper



INSTRUCTIONS

Place all the ingredients into a jar with a tight-fitting lid. Shake until well-emulsified. Refrigerate leftover dressing for up to a week.