



# ITALIAN DRESSING

Dr. Cindy Tanzar  
(Standard)

Makes 11-12 servings. A serving is 1.5 tablespoon and covers your fat at your meal.



## INGREDIENTS

- 2/3 c. extra virgin olive oil
- 1/3 c. red wine vinegar
- 1/4 tsp. Italian seasoning
- 1 tsp. minced garlic
- 1-2 tsp. Dijon mustard, to taste

## DIRECTIONS



Add all ingredients, mix well, and pour into a sealed container.