



# LEMON VINAIGRETTE DRESSING

(with a Creamy Version)

By Dr. Cindy Tazar

(Standard Plan, Vegan/Vegetarian, Maintenance)

This is an easy and delicious vinaigrette that is tasty any time of year, but is especially nice in the Spring and Summer. It is perfect on salad, but also delicious on grilled vegetables, chicken or fish. This dressing is much tastier and fresher than bottled versions, too.

This recipe yields 3 servings. A serving is 2 tbsp and covers your fat for one meal.



## INGREDIENTS

- 1 tsp. finely grated lemon zest
- 1-1/2 Tbsp fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1/2 tsp Dijon mustard
- 1 tsp. granulated Swerve or liquid stevia drops, to taste
- 1/4 tsp. Pink Himalayan salt (or to taste)
- 1/4 tsp. black pepper



### **For a creamy version**

Add 2 Tbsp Genesis or Primal Kitchen mayonnaise

### **INSTRUCTIONS**

Combine all the ingredients in a small jar with a lid. Tighten lid and shake well. Can also whisk in a bowl.

(See back for options)

#### **OTHER OPTIONS:**

- Whisk or shake in 2 Tbsp mayonnaise (Primal Kitchen or Genesis recipe)
- Add 1 tsp of fresh chopped herbs (basil, parsley, dill, thyme, etc)
- Add 1/2 tsp minced fresh garlic (and herbs)
- Substitute limes for the lemons