IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

Salad Verde Dressing

Ingredients:

1 Large minced shallot

2 Tbsp apple cider vinegar

1 Tbsp warm water

½ tsp Dijon mustard

½ tsp whole-grain mustard

A few drops of stevia (optional)

2 Sprigs of thyme

1 Clove minced garlic

Salt and Pepper

4 tsp olive oil

Directions:

1. Place minced shallot in fine-mesh strainer

2. Rinse with cold water

3. Drain and place in jar

4. Add vinegar and warm water

5. Allow to sit for 2 minutes

6. Add remaining ingredients and shake.

Great dressing for any green salad. Try mixture of butter lettuce, romaine, Belgian endive and watercress.

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