

Low Glycemic Low Calorie Salad Dressing



To make your life easy, make a large portion of the low calorie salad dressing using the recipe below so you always have some on hand. Use a mason jar and shake well before each serving. You can vary this recipe by adjusting the amount of garlic, using fresh, chopped basil (1 T.) instead of garlic or lemon juice instead of vinegar. This recipe will be enough for several, large family salads or about 2 ½ weeks of salad for a couple.

- 2/3 cup red wine vinegar
- 2/3 cup extra virgin olive oil
- 3 - 6 cloves of minced garlic
- ¼ tsp. sugar
- ¼ tsp. pepper
- ½ tsp. salt
- 2 T. freshly grated, parmesan cheese
- 1 T. chopped, green onions

Mix the ingredients in a cruet or in a mason jar and shake well. Refrigerate, shake and use as needed, ½ tablespoon of dressing for a single serving and 2 tablespoons for a large salad or enough to just cover the greens lightly.

11 calories per serving