

## Low Calorie Salad Dressing

- 2/3 cup red wine vinegar
- 2/3 cup extra virgin olive oil
- 3 - 6 cloves of minced garlic
- 1 teaspoon of coconut palm sugar
- 1/4 tsp. pepper
- 1/2 teaspoon of sea salt
- 2 T. freshly grated, parmesan cheese
- 1 T. chopped, green onions

Mix the ingredients in a mason jar and shake well. Coconut palm sugar is low glycemic and will not raise your blood sugar. Refrigerate, shake and use as needed, 1/2 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**