



HONEY MUSTARD VINAIGRETTE

PREP TIME: 5 minutes

SERVING SIZE: 2 tablespoons

COOK TIME: 0 minutes

SERVES: 10

INGREDIENTS

- ¾ cup extra virgin olive oil
- ½ cup white vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 teaspoons Dijon mustard
- 4 teaspoons honey

PREPARATION

1. Combine all ingredients in a small container with a lid and shake well, or combine in a small bowl and whisk until smooth.
2. Allow to stand for 10 minutes for flavors to blend together.
3. Keep in airtight container in refrigerator for up to two weeks.
4. Ingredients may separate when stored. Shake or stir to re-mix.

SOURCE

eatingsmartbeingactive.colostate.edu

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

10 servings per container
Serving size 2 tablespoons
(33g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 17g 22%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 0g

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 0mg 0%

Potassium 1mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev12/22
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VINAGRETA DE MOSTAZA Y MIEL

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 2 cucharadas

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 8-10

INGREDIENTES

- ¾ taza de aceite de oliva extra virgen
- ½ taza de vinagre blanco
- ½ cucharadita de sal
- ½ cucharadita de pimienta negra molida
- 2 cucharaditas de mostaza Dijon
- 4 cucharaditas de miel

PREPARACIÓN

1. Combine todos los ingredientes en un recipiente pequeño con una tapa y agitar bien, o combinar en un tazón pequeño y batir hasta que quede suave.
2. Deje reposar durante 10 minutos para que los sabores se mezclen.
3. Conservar en un recipiente hermético en el refrigerador hasta dos semanas.
4. Los ingredientes pueden separarse cuando se almacenan. Agitar o revolver para volver a mezclar.

FUENTE

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