



Lemon Dill Vinaigrette

Yield: 8 servings

Ingredients

- ¼ cup extra virgin olive oil
- ¼ cup lemon juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried dill
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon kosher salt

Instructions

1. In a small bowl whisk all ingredients together.

Nutrition Information

Serving Size: 1 tablespoon

- Calories: 64
- Total Fat: 6.7 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 5 g
- Polyunsaturated Fat: .7 g
- Protein: 0 g
- Total Carbohydrate: 1 g
- Dietary Fiber: 0 g
- Sugars: .2 g
- Sodium: 29 mg

Source: Spectrum Health



Presented by

Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X25815 © Spectrum Health 04.2021

