

Lemon Vinaigrette and Mustard Vinaigrette

Lemon Vinaigrette

- 2/3 cup lemon juice
- 1/3 cup olive oil
- 5 cloves garlic
(optional)
- salt and pepper to
taste

Instructions:

Combine oil, lemon juice, salt and pepper, and garlic. Shake then allow to sit for at least 10 minutes to let flavors combine.
Makes 1 cup

The
Farm

Saint Joseph Mercy Health System

You will love
these simple,
tasty dressings!



Mustard Vinaigrette

- 2 tablespoons mustard
- 2 tablespoons honey (optional)
- 1/4 cup olive oil
- 1/4 cup lemon juice
- salt and pepper to taste

Instructions:

Combine oil, lemon juice, salt and pepper, and mustard. Shake then allow to sit for at least 10 minutes to let flavors combine. Makes about a 1/2 cup.

You will love these simple, tasty dressings!

St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm

