



Recipe of the Month - February 2018

Honey Mustard Dressing

Serves 8

Serving Size: 2 Tablespoons

Cost per Serving: \$0.12

Ingredients:

1/4 cup Dijon mustard

1/4 cup honey

1/4 cup cider vinegar

1/4 cup oil (canola, olive, or vegetable)



Make MyPlate Your Plate

Directions:

1. Combine all ingredients in a container with a tight fitting lid. Shake until all ingredients are combined.
2. Store in the refrigerator for up to 1 week. Shake well each time before use.

Tips:

- Use as a salad dressing or dipping sauce. Use also as a spread for sandwiches or marinade for fish or chicken.

NUTRITION FACTS PER SERVING: 100 calories, 7g total fat (0.5 g sat. fat), 0mg cholesterol, 180mg sodium, 9g carbohydrates, 0g fiber, 0g sugar, 0g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*