

ITALIAN VINAIGRETTE

INGREDIENTS

1 tbsp Italian seasoning

1 cup olive oil

1/4 tsp pepper

1/2 tsp sea salt

1 tbsp Dijon mustard

4 tbsp red wine vinegar

PROCEDURE

Mix all ingredients thoroughly in a bowl. Let sit in the refrigerator for at least 15 minutes to let flavors develop.

Skip or reduce the tabasco if your using a hot chili sauce. You can also use sugar-free ketchup or tomato paste if you want a milder sauce.