

Recipe – Lemon Mustard Salad Dressing

Ingredients:

- juice of one lemon
- 3 Tbs olive oil
- 2 tsp Dijon mustard
- one clove garlic
- 1 T agave or five drops stevia and one Tbs water for low carb version
- 3 Tbs red onion
- ½ tsp sea salt

Directions:

Mince the garlic and onion finely, can be done in food processor.

Add remaining ingredients and process or whisk until creamy.

Taste to adjust seasonings.

Mix with salad greens for six or cooked grain such as brown rice or quinoa.