

Basic Vinaigrette

Preparation time: 5 minutes

Yield: 8 tablespoons

2 tablespoons red wine vinegar
salt, to taste
1/8 teaspoon black pepper
3 tablespoons flax oil
3 tablespoons extra virgin olive oil

1. Place red wine vinegar, salt, and black pepper in small bowl and mix with wire whisk.
2. Add flax and olive oil, mix with wire whisk, and serve.

Nutrition Information Per Tablespoon

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| Calories 92 | Fat 10 g | Fiber 0 g |
| Carbohydrates 0 g | Omega-3 Fats 3030 mg | Calcium 0 mg |
| Protein 0 g | Cholesterol 0 mg | Sodium 0 mg |