

GREENS WITH BALSAMIC VENEGETTE

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1 tablespoon Dijon mustard
1/4 cup water
2 tablespoons olive or canola oil
1/4 cup balsamic vinegar
1 tablespoon minced fresh basil
1/2 teaspoon pepper
Salad greens and vegetables of your choice

In a jar with a tight-fitting lid, combine the first six ingredients; shake well. Serve over salad. **Yield:** 2/3 cup vinaigrette.

Nutritional Analysis: One serving (2 tablespoons vinaigrette) equals 53 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 77 mg sodium, 1 g carbohydrate, trace fiber, trace protein. Diabetic Exchange: 1 fat.

From www.lightandtasty.com