



Lemon mustard dressing

Description

This is the dressing I make on repeat, olive oil, lemon, Dijon, a little honey and garlic, whisked together in about five minutes. Nothing fancy, just a good everyday dressing that works on pretty much any salad.

The mustard helps it emulsify so it stays smooth and doesn't separate as much, and the honey balances out the sharpness from the lemon and mustard. Keep a jar of this in the fridge and salads become a lot less boring. Double or triple the ingredients to build a stash.

Nourishment

Fiber: low

Veggie level: n/a (condiment)

Keeps you full: pairs well with a meal

Energy: light

Mood: bright & zesty

Details

Amount

â" cup

Prep time

5 minutes

Cooking time

0 minutes

Protein
0-1gr



Ingredients

- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice (and little bit of zest)
- 1 tsp Dijon mustard
- ½ tsp honey
- ½ small garlic clove, finely grated
- Salt & black pepper