



# Balsamic Vinaigrette Dressing

Serves 6

Prep 5 mins / Cook 20 mins

## INSTRUCTIONS

Heat the oil in a small skillet over a medium-high heat. Add the onion and garlic and sauté for 1-2 minutes.

Turn the heat down to low and let the onions simmer uncovered for 10-15 minutes. Then remove from heat and set aside to cool.

Add all ingredients for the dressing into a jar, close tightly and shake until all the ingredients are well combined. Store in the refrigerator until ready to use.

## INGREDIENTS

- 4 tbsp. olive oil
- 4 tbsp. red onion, diced
- 3 cloves garlic, crushed
- 1 tsp. dijon mustard
- 1 tsp. maple syrup\*
- 3 tbsp. balsamic vinegar
- 1 tbsp. fresh lemon juice
- ½ tsp. salt

\*optional if Weight Loss is your goal