

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



## **Best Ever Vinaigrette**

### **Makes 2 cups**

**1 cup canola oil**

**¾ cup cider vinegar**

**2 tablespoons catsup**

**1 tablespoon sugar**

**1 teaspoon minced garlic**

**1 teaspoon ground mustard**

**½ teaspoon salt**

**½ teaspoon pepper**

## **DIRECTIONS**

**Put ingredients in a 2cup container with a tight lid.**

**Shake. Store in refrigerator for up to 1 month.**

### **Nutritional Information per 2 tablespoon serving:**

Calories: 127	Carbohydrates: 1g
Total Fat: 14g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 0g
Protein: 0g	Sodium: 96mg