



Lemon Vinaigrette Dressing



prep time
5 minutes



total time
5 minutes



servings
5+

Ingredients

- 1/4 cup fresh lemon juice
- 1 small garlic clove, grated
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt, more to taste
- Freshly ground black pepper
- 1/2 teaspoon honey, or maple syrup, optional
- 1/4 to 1/3 cup extra-virgin olive oil
~4 to 6 fat servings
- 1/2 teaspoon fresh or dried thyme, optional

Instructions

- 1 In a small bowl, whisk together the lemon juice, garlic, mustard, salt, pepper, and honey, if using.
- 2 Combine everything in a jar with a tight-fitting lid and shake to combine.
- 3 If your dressing is too tangy, add more olive oil, to taste.
- 4 Add the thyme, if desired, and season to taste. Store in the fridge for up to 1 week. The olive oil will solidify a bit in the fridge. To soften, let the dressing sit at room temp for a few minutes and stir before using.



Whole Recipe Breakdown:

0 Servings Protein
0 Servings Carb
4 to 6 Servings Fat
0 Servings Veggies