

SALADS

Balsamic Vinaigrette

Makes 3 servings · about 1 Tbsp each

SATIETY SCORE ● ○ ○ ○ ○ 1 / 5	NUTRITION MEDIUM
Per serving (approx.): Protein 0 g · Fiber 0 g · Calories 60	

Ingredients

- 2 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- Juice from 2 limes
- 1 tsp honey
- ½ tsp ground ginger (or 1 tsp grated fresh ginger)
- Black pepper to taste

Directions

1. Blend all ingredients together in a bowl.
2. Refrigerate until ready to use.

Note: A dressing — it adds flavor rather than fullness. It's a basic essential for jar salads and pairs with many combinations.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Juice from 2 limes

CHECK YOUR PANTRY

- ☐ Balsamic vinegar
- ☐ Olive oil
- ☐ Honey
- ☐ Ground ginger
- ☐ Black pepper