



PREPARATION: 10 MINUTES

8 SERVINGS (½ CUP)

MAPLE DIJON DRESSING

INGREDIENTS

¼ cup extra-virgin olive oil

2 tablespoons balsamic vinegar

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 tablespoon maple syrup

1 teaspoon Dijon mustard

1 teaspoon minced garlic (optional)

Freshly ground black pepper, to taste

PREPARATION

- 1 In a small bowl or jar, combine the olive oil, balsamic vinegar, lemon juice, lemon zest, maple syrup, Dijon mustard and garlic, if using.
- 2 Whisk well, or cover the jar and shake vigorously, until the dressing is emulsified.
- 3 Season with black pepper to taste.
- 4 Refrigerate until ready to serve.

SERVING SUGGESTIONS

This versatile dressing pairs well with green salads or salads made with vegetables, fruit, nuts or cheese.

STORAGE

Store in an airtight container in the refrigerator for up to 1 week. Shake or whisk well before using.

Tip: *For a less acidic dressing, add a little more olive oil. For a sweeter dressing, add a little more maple syrup.*

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	67 Kcal
Protein	0 g
Carbohydrates	1 g
Fibre	0 g
Sugars	1 g
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	27 mg
Potassium	11 mg
Phosphorus	4 mg

Suitable for

- ☒ CKD, not on dialysis
- ☒ Hemodialysis
- ☒ Kidney transplant
- ☒ Diabetes