



HOMEMADE HONEY MUSTARD DRESSING

This homemade dressing is a wonderful, lightened-up alternative to the store-bought version. The recipe only calls for simple ingredients, so you can be sure its nutritional value and contents are top notch. It can be used to add a refreshing tanginess to your salads or as a dipping sauce for vegetables or nuggets. We encourage you to try our Honey Mustard Marinaded Chicken using this dressing as well; it's so good, you'll never want to settle for any other version! The dressing also lasts up to two weeks in the refrigerator so you can enjoy it over several meals!

Yield: About ½ cup

Serving Size: 2 Tablespoons

Ingredients

- ¼ cup **honey**
- ¼ cup **Dijon mustard**
- 2 tbsp **apple cider vinegar**
- ½ teaspoon **ground pepper**

Instructions

1. Combine all liquid ingredients into a small bowl. Whisk thoroughly until all parts are blended together and consistency is creamy.
2. Add black pepper to taste.
3. Serve immediately on salad or as dipping sauce, or store in an airtight container for up to two weeks in the refrigerator.

Per Serving: Calories 40, Carbohydrates 9 g, Protein 0 g, Saturated Fat 0 g, Sodium 196 mg, Fiber 0 g, Sugars 8 g

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