

# Honey Mustard Dressing

\*Makes 1 1/2 cups\*

## Ingredients

### *Main Dressing*

- 1/3 cup honey
- 1/4 cup Dijon mustard
- 1 clove garlic, minced
- 2 Tbsp lemon juice
- 1/4 cup rice wine vinegar
- 1 cup canola oil
- 1/2 tsp sesame oil

### *Less Oil Blended Version*

- 1 Tbsp Dijon mustard
- 1 Tbsp brown mustard
- 1 Tbsp honey
- 1 Tbsp olive oil
- 1 tsp rice vinegar

## Instructions

### *Main Dressing*

1. Place the first 5 ingredients (honey, Dijon mustard, garlic, lemon juice, and rice wine vinegar) in a blender and process.
2. With blender running, add canola oil and sesame oil gradually.

### *Less Oil Blended Version*

1. Combine Dijon mustard, brown mustard, honey, and rice vinegar in a blender; process to combine.
2. Add olive oil last and slowly while blending. Note: use less oil if desired.

## Honey Mustard Dressing

1/3 C Honey

1/4 C Dijon mustard

1 clove minced garlic

2 T Lemon juice

1/4 C rice wine vinegar

1 C Canola oil

1/2 tsp sesame oil

Process 1<sup>st</sup> 5 items  
in blender; add  
oils gradually.

makes 1/2 cup

Blend

1T dijon mustard

1T brown mustard

1T honey

1T olive oil

1 tsp vinegar (rice)

(Less  
oil)

Use Blender: Add oil last & slowly