

FLIK Caesar Vinaigrette

Portion Size: 1 fl oz.

Recipe Yield: 15

Lemon Juice, Fresh	12 TBSP	Parmesan Cheese, Grated	1 ½ TBSP
Anchovy Fillets	¼ oz.	Garlic, Fresh, Minced	1 tsp.
Black Pepper, Ground	½ tsp.	Extra Virgin Olive Oil	¾ cup
Dijon Mustard	1 ½ tsp.		

1. Combine lemon juice, anchovy, black pepper, Dijon mustard, parmesan cheese, and garlic in a blender. Puree until smooth.
2. Turn blender on low speed and slowly drizzle in olive oil until emulsified.

*Dietitian's Note: Try using different heart healthy oils such as grape seed, avocado, or flaxseed oil in salad dressing recipes for different flavor profile.

Nutrition Info (per serving):

Cal: 100; Total Fat: 11g; Sat Fat: 1.5g; Sodium: 40mg; Carbs: 1g; Protein: 0.5g; Fiber: 0g; Sugar: 0g

Food by FLIK

FLIK Blueberry, Honey, Lime Vinaigrette

Portion Size: 1fl oz.

Recipe Yield: 16

Blueberries, Fresh	1 1/3 oz.	Salt	1 tsp.
Lime Juice, Fresh	1/3 cup	Garlic, Fresh, Minced	1 tsp.
Honey	1/3 cup	Basil, Fresh, Chopped	1 tsp.
Extra Virgin Olive Oil	2/3 cup		

1. Place all ingredients in a blender and blend until smooth.

*Dietitian's Note: Try using different heart healthy oils such as grape seed, avocado, or flaxseed oil in salad dressing recipes for a different flavor profile.

Nutrition Info (per serving):

Cal: 110; Total Fat: 9g; Sat Fat: 1g; Sodium: 117mg; Carbs: 7g; Protein: 0g; Fiber: 0g; Sugar: 6g

Food by FLIK

FLIK Cilantro Lime Vinaigrette

Portion Size: 1 fl oz.

Recipe Yield: 15

Lime Juice, Fresh	¾ cup	Black Pepper, Ground	1/8 tsp.
Cilantro, Fresh, Chopped	3 TBSP	Dijon Mustard	1 ½ TBSP
Garlic, Fresh, Minced	1/8 tsp.	Extra Virgin Olive Oil	1/3 cup
Salt	1/8 tsp.		

1. Combine lime juice, cilantro, garlic, salt, pepper and Dijon mustard in a blender. Blend until smooth.
2. Turn blender on low speed and slowly drizzle in olive oil until emulsified.

*Dietitian's Note: Try using different heart healthy oils such as grape seed, avocado, or flaxseed oil in salad dressing recipes for different flavor profile.

Nutrition Info (per serving):

Cal: 100; Total Fat: 10g; Sat Fat: 1.5g; Sodium: 70mg; Carbs: 0g; Protein: 0g; Fiber: 0g; Sugar: 0g

Food by FLIK

FLIK Red Wine and Grape Vinaigrette

Portion Size: 1 fl. oz

Recipe Yield: 22

Shallots, Peeled, Minced	2 TBSP	Red Wine Vinegar	2 fl. oz
Honey	2 TBSP	Salt	1 tsp
Red Seedless Grapes	½ lb.	Black Pepper	½ tsp
Red Wine	½ cup	Extra Virgin Olive Oil	2 ½ tsp

1. In a blender, blend shallots, honey, grapes, red wine, red wine vinegar, salt and pepper until smooth.
2. Turn blender on low speed and slowly drizzle in olive oil until emulsified.
3. Strain dressing through a fine mesh strainer; discard solids.

*Dietitian's Note: Try using different heart healthy oils such as grape seed, avocado, or flaxseed oil in salad dressing recipes for different flavor profile.

Nutrition Info (per serving):

Cal: 100; Total Fat: 10g; Sat Fat: 1g; Sodium: 108mg; Carbs: 3g; Protein: 0g; Fiber: 0g; Sugar: 3g

Food by FLIK