

HONEY MUSTARD DRESSING

Source: **BETTER HOMES & GARDENS** Great Cooking For 2

Cook/Prep Time: about 10 minutes

INGREDIENTS:

1/4 C salad oil
2 TBS lemon juice
2 TBS honey
2 TBS coarse-grain brown mustard OR Dijon-style mustard
1 clove garlic, minced

DIRECTIONS:

Combine all ingredients & mix well.

To marinate with this dressing: place meat, poultry or fish in a plastic bag in a deep bowl
- pour about 1/2 C dressing into bag - close bag & turn to coat meat, poultry or fish well
- marinate at room temperature 30 minutes OR in refrigerator 3 hours, turning bag occasionally - drain, reserving dressing - if desired, brush reserved dressing on meat, poultry or fish during cooking.

Makes 3/4 C

[per TBS: calories: 67; protein: 0g; carbohydrates: 3g; total fat: 6g; saturated fat: 1g; cholesterol: 0mg; sodium: 33mg; potassium: 10mg]