



**BRAIN HEALTHY
COOKING**

Salad & Dressing

Cilantro-Lime Vinaigrette



Ingredients

1/4 CUP Extra-Virgin Olive Oil
1/4 CUP Lime Juice
1 Garlic Clove, minced
(or 1/2 TSP Garlic Powder)
1 TBSP Cilantro, chopped
1 TSP Dijon Mustard
Kosher Salt
Black Pepper

Directions

1. Whisk together olive oil, lime juice, garlic, cilantro, Dijon, salt, and pepper.
2. Pour dressing over your favorite salad and toss.

