Recipe of the Month - February 2018

**Honey Mustard Dressing**
Serves 8  
Serving Size: 2 Tablespoons  
Cost per Serving: $0.12

**Ingredients:**  
1/4 cup Dijon mustard  
1/4 cup honey  
1/4 cup cider vinegar  
1/4 cup oil (canola, olive, or vegetable)

**Directions:**  
1. Combine all ingredients in a container with a tight fitting lid. Shake until all ingredients are combined.  
2. Store in the refrigerator for up to 1 week. Shake well each time before use.

**Tips:**  
- Use as a salad dressing or dipping sauce. Use also as a spread for sandwiches or marinade for fish or chicken.

**NUTRITION FACTS PER SERVING:** 100 calories, 7g total fat (0.5 g sat. fat), 0mg cholesterol, 180mg sodium, 9g carbohydrates, 0g fiber, 0g sugar, 0g protein

*Recipe compliments of Iowa State University Extension: Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*