## Cilantro Lime Vinaigrette

9 Servings • 1 Serving = 2 Tablespoons

## INGREDIENTS

- Juice of 1 lime, to make ¼ cup of juice
- ½ cup extra virgin olive oil
- 1 cup cilantro, chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper

## DIRECTIONS

- 1. Place the lime juice in a small bowl.
- Slowly whisk in the olive oil, until the juice and oil combine and become creamy.
- 3. Add cilantro, salt, and pepper.
- 4. Whisk again, right before adding to the salad.

Nutrition F	acts
9 servings per container	
Serving size 2 Tab	lespoons
Amount per serving	
Calories	110
	Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	s 0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron Omg	0%
Potassium 18mg	0%
"The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for opported withing advice.	

. . .

Developed by The Children's Hospital of San Antonio





Culinary Health Education for Families