

Claude's salad dressing

Makes 750mL, to fill a wine bottle.

Ingredient	Calories
340 mL cider vinegar	240
340 mL balsamic vinegar	240
1 TBSP Dijon mustard	15
8 TBSP Cary's synthetic maple syrup	0
1 TBSP Worcestershire sauce	0
1 TBSP salt	0
1 TBSP extra virgin olive oil	100
Total	715 = 215 calories/cup

The small amount of oil, (which is 100 calories/tablespoon!) is just enough to make the dressing adhere to the salad constituents.

Compare half and half vinegar and oil, which would be 950 calories/cup, 4 times as much!

Whip 2 minutes with a moderate speed beater.

Shake before using.

For a bowlful of salad, I use about 130 mL of this, or 120 calories.