

# #LetsCook30

## MAPLE DIJON MUSTARD

This dressing is so simple to make and tastes amazing. You will want to make a double batch so you have some on hand to enjoy the next day.

**Makes:** about 1/3 cup

**Ready in about:** 5 minutes

1/4 cup	olive oil
1 tbsp	Dijon mustard
1 tbsp	maple syrup
1 tsp	apple cider vinegar

### INSTRUCTIONS:

1. Combine all ingredients in a blender or small jar with lid and blend or shake until mixed.

### TIP:

- Try adding this dressing to spinach with sliced apples, dried cherries, blue cheese chunks and pecan halves. You can also replace the maple syrup with honey.

Source: Apple, Pecan and Blue Cheese Salad, [foodnetwork.com](http://foodnetwork.com). Accessed 2019.

### PUBLIC HEALTH

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