

You can use any type of mustard for this dressing, regular, horseradish, Dijon or stone ground. White or cider vinegar is fine, too. I use onion flakes that I grind in a mortar and pestle. This is a variation of a recipe I found some time ago.

Bon appetit!

**low sodium salad dressing**

*makes about 2 cups*

1/2 cup mustard  
1/4 cup red wine vinegar  
1 cup canola or olive oil  
1 Tbsp onion powder

2 Tbsp maple syrup  
1 Tbsp lemon juice  
1 tsp garlic powder  
Fresh ground pepper

Mix all the ingredients in a blender until smooth. Serve over your favorite greens.