

Lime-Cumin Vinaigrette



Plan Z Phase: This is a Z2 (ZReduction) recipe.

This makes a mild but flavorful dressing to accent anything Mexican or Southwestern. If you want it spicy you can add a dusting of cayenne before blending.

Servings: Serves 2. Can be doubled easily.

Ingredients:

- 3 Tbl of oil. I used half olive oil and half grapeseed oil.
- Juice of one lime
- 1/2 tsp of cumin
- A grating of sea salt and a grating of pepper
- 1 tsp of minced garlic

Instructions:

In a small bowl mix with your whisk and you're ready to go. You can also make this in a small blender.

Note: Serving size in ZReduction is a maximum of two tablespoons.

Enjoy!

Cheers,