



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Creamy Citrus Dressing

Serves 6

Ingredients:

2 TBSP olive oil
2 TBSP apple cider vinegar
1 orange (juiced)
1 TBSP lemon juice
1 tsp honey (local, unfiltered if available)
½ cup plain Greek yogurt
Salt and pepper to taste



Directions:

1. In a mason jar with a tight-fitting lid, combine ingredients. Close lid and shake vigorously. Alternatively, whisk together in a small bowl.

Nutrition Tips:

1. Commercially-prepared dressings can be full of added sugars and unhealthful fats. Making a simple homemade dressing is a great way to control ingredients yet still add a delicious flavor.
2. This dressing is bright, tangy, and refreshing. Plain Greek yogurt adds a great bit of creaminess, richness and protein punch to homemade dressings.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.