

Citrus Honey Balsamic Dressing

Chef Charles Coe

Palm Beach Post

2 plum tomatoes, chopped into fourths

1/2 bunch basil

juice of one orange

juice of one lemon

juice of one lime

juice of one pink grapefruit

4 cloves garlic

1 shallot

1 tablespoon Dijon-style mustard

2 tablespoons honey

1/2 cup balsamic vinegar

blended oil (75% canola, 25% olive), to thicken

salt and pepper (to taste)

In a blender, puree' the tomatoes, basil, all citrus juices, garlic and shallot.

Add the mustard, honey and balsamic vinegar to the blender.

Puree' on high to combine all of the ingredients.

Slowly drizzle in the blended oil to reach the desired thickness. (Be careful not to add the oil too qickly or the dressing may break.)

Per Serving (excluding unknown items): 215 Calories; 1g Fat (4.3% calories from fat); 3g Protein; 56g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.