



# Fat-Free Italian Dressing

*An ICTC CART Healthy Choice variation on the classic Italian Dressing*

## INGREDIENTS:

3 cups	Water
1 1/4 cup	Red Wine Vinegar
1/2 cup	Green olives, chopped
3	Cloves of garlic
2 oz	Onion chopped
2 oz	Green pepper chopped
5 tbsp	Sugar or Splenda
1 1/2 tbsp	Salt
3 tbsp	Italian Seasoning
1/2 tsp	Black Pepper coarse grind

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1/8 cup	Olive Juice (from jar)
2 Tbsp	Corn Starch

## INSTRUCTIONS:

1. Add first 10 ingredients to a pot and bring to a boil. Reduce heat and simmer for three minutes.
2. Mix corn starch with olive juice to make a slurry. Add slurry to above ingredients. Stir constantly and bring back to a boil.
3. Remove from heat, cool, cover, and refrigerate.

**Note:** You can adjust the seasonings to match your flavor preferences