

& ENVIRONMENTAL SCIENCES

## Recipe provided by:

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## **Dipping Oil**



1/2 cup extra virgin olive oil
2 Tablespoons grated Parmesan cheese
1/2 teaspoon black pepper
1/2 teaspoon coarse salt
1/2 teaspoon Italian seasoning
2 cloves garlic, minced

Instructions: Whisk all ingredients in a small bowl and refrigerate until ready to use. The flavor is best if you make this several hours before using. For safe food handling, use within 2 to 3 days.

Yield: 4 servings

**Nutrition Facts** (per serving): 250 calories, 29 grams fat, 290 milligrams sodium, 1 gram carbohydrate, 0 grams fiber, 1 gram protein