

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