



Wellnesssleuth Recipes

Enjoy your day with
delicious food

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Balsamic Salad Dressing

INGREDIENTS:

Ingredients

- *1/4 cup balsamic vinegar*
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- *1/4 cup olive oil*
-
- *1 tablespoon honey*
-
- *1 teaspoon dijon mustard*
- *1/4 teaspoon salt*
-
- *1/4 teaspoon black pepper*
-
- *1 minced garlic clove*
-
- *¼ tsp. sea salt*
-
- *¼ tsp. black pepper*

DIRECTIONS

- *Instructions:*
- • *In a small bowl, whisk together balsamic vinegar, olive oil, honey, dijon mustard, salt, and black pepper.*
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- • *Taste and adjust seasoning as necessary.*
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- • *Pour dressing into a jar or container with a tight fitting lid.*
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- • *Store in the refrigerator for up to 2 weeks.*
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- *Enjoy!*

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**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)