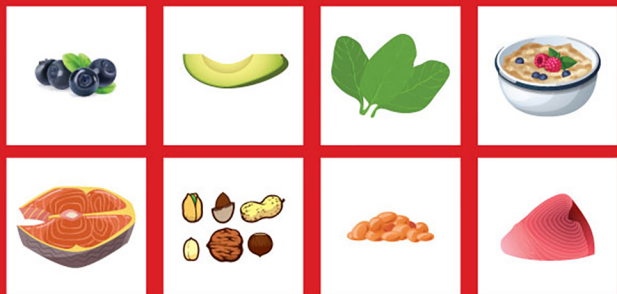


# Heart Healthy Eating



## Heart Healthy Eating



### Balsamic Cilantro Salad Dressing



1/4 cup Balsamic vinegar

1/2 cup Olive Oil

1 Tbsp. Sugar

2 Tbsp. Cilantro, chopped

1 Tbsp. Garlic, minced

Salt and fresh ground pepper

Combine ingredients in an air-tight container. Cover and shake well. Drizzle on salad and toss.

### Fun Facts

- ♥ Your heart is the size of your fist
- ♥ Your heart beats about 100,000 times a day

Source: American Heart Association



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