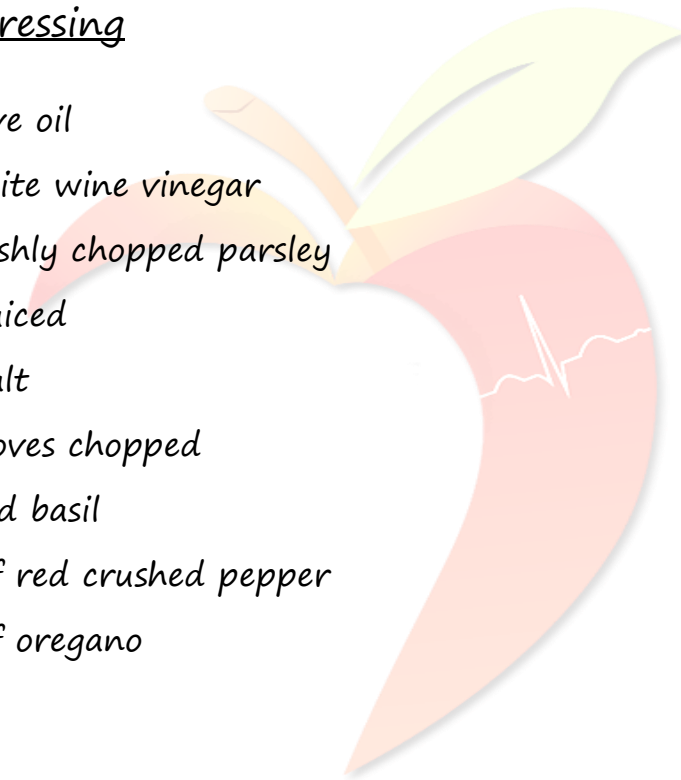


## *Chat N Chew*

*Beat the Stress, Eat the Best Season 2-1*

### Pasta Salad Dressing

- 6 tbsp. olive oil
- 2 tbsp. white wine vinegar
- 2 tbsp. freshly chopped parsley
- 1 lemon juiced
- Pinch of salt
- 2 garlic cloves chopped
- 1 tsp. dried basil
- Sprinkle of red crushed pepper
- Sprinkle of oregano



***Healthy Living for Wellness of Body, Mind and Spirit***