

Tango Bread Dipper

Ingredients:

- 1 tsp. dried rosemary
- 1 tsp. dried basil
- 1 tsp. garlic powder
- ¼ tsp. dried chili pepper flakes
- ¼ tsp. salt
- 2 tsp. balsamic vinegar
- ¼ c. oil (canola, corn, flaxseed, soybean or sunflower)
- 4 slices (or 4 oz.) fresh French or Italian bread, cut into pieces

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"Oils: Agriculture to Health"
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Directions:

- Combine the first seven ingredients in a container with a tight-fitting lid. Shake well. Pour into a shallow dish suitable for dipping bread. Serve with bread pieces. Note: Discard any leftover dipper oil after use. A fresh recipe will keep in the refrigerator for two to three days.

Makes four servings. Per serving (Canola oil and 1 slice bread): 205 calories, 15 grams (g) fat, 3 g protein, 15 g carbohydrate and 314 mg sodium.

NDSU EXTENSION
SERVICE