**Italian dressing**   
6 tablespoons extra virgin olive oil  
2 tablespoons white wine vinegar  
1 tablespoon fresh lemon juice  
2 cloves garlic, minced  
1/8 teaspoon each salt and pepper  
1 teaspoon fresh chopped basil  
1 teaspoon fresh chopped parsley  
1/2 teaspoon fresh chopped oregano  
2 teaspoons grated Parmesan cheese  
  
In a small bowl, whisk together oil, vinegar, lemon juice, garlic, salt, and pepper. Stir in fresh herbs and cheese. Makes cup; serving size: 2 tablespoons. Per serving: 200 calories, 21 grams fat, and 85 milligrams sodium.