

THE EVERYDAY SALAD DRESSING



Making your own salad dressing is easy, tasty, affordable, customizable, and more nutritious than store bought dressings!

The basic recipe is:

3 parts oil + 1-2 part acid + an emulsifier + flavorings

Ingredients

3 tablespoons oil (olive oil, avocado oil, canola or vegetable)

1-2 tablespoon acid (lemon or lime juice, balsamic vinegar, red wine vinegar, apple cider vinegar)

1 teaspoon Dijon mustard (or other emulsifier)

1/2 teaspoon salt

1/2 teaspoon pepper

1 small garlic clove, crushed or finely diced

1 teaspoon honey or maple syrup (optional for a sweeter dressing)

Directions

1. Combine all ingredients in a glass jar with a lid and shake or put all the ingredients in a small bowl and whisk until fully combined.
2. Taste and adjust seasoning to your preference.
3. Store in an airtight container in the refrigerator for up to one week. Shake before each use.



Try adding herbs and spices like red pepper flakes, basil, rosemary, citrus zest, or even a little soy sauce for extra flavor!

Other ingredients that act as an emulsifier include mayonnaise, mashed avocado, Greek yogurt, mustard.

Healthy eating guidelines include herbs, spices and olive oil for less salt and more heart-healthy fat. Using your own pantry or garden ingredients is an easy, cheaper, and healthier means of adding flavor and increasing veggie intake. These dressings are very adaptable to salads, vegetables, and fresh herbs (when available). Adjust seasonings and oil to vinegar ratios to your own preferences.

Italian Dressing

1/4 teaspoon black pepper
2 teaspoon thyme
2 teaspoon oregano
2 teaspoons basil
3 tablespoons olive oil
6 ounces balsamic vinegar



Citrus Salad Dressing

Juice from 3 limes, lemons or 2 oranges
6 tablespoons olive oil
Salt and pepper to taste



Med House Salad Dressing

1/3 cup olive oil
5 tablespoons vinegar
1 tablespoon olive oil mayonnaise
1 teaspoon sugar
2 teaspoons oregano

Cumin Vinaigrette

3 large shallots, finely chopped
1/2 cup olive oil
1 tablespoon ground cumin
4-6 tablespoons balsamic vinegar
3 tablespoons lemon juice
3/4 teaspoon cayenne
Salt and pepper to taste



Balsamic Dijon Vinaigrette

6 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
6 tablespoons olive oil
Salt and fresh ground pepper to taste