



Vinaigrette Salad Dressing

Servings 3 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Small container with lid

Utensils:

Measuring cups and spoons

Ingredients

1/2 cup olive oil OR vegetable oil

2 tablespoons vinegar (white vinegar, Balsamic vinegar, red or white wine vinegar) OR citrus juice (lemon or lime juice)

Additional flavors and seasonings such as: Dijon mustard, pesto, minced onion, Parmesan or blue cheese, honey, sesame oil, garlic, fresh herbs

Suggested flavor combinations:

- Balsamic vinaigrette: 1/4 cup olive oil, 2 tablespoons Balsamic vinegar, 1 tablespoon minced onion, salt, black pepper
- Honey mustard vinaigrette: 1/4 cup canola oil, 2 tablespoons red or white wine vinegar, 1/2 tablespoon honey, 1 tablespoon Dijon mustard, salt, black pepper
- Blue cheese vinaigrette: 1/4 cup olive oil, 2 tablespoons white vinegar, 1 clove minced garlic, 2 teaspoons minced chives or scallions, 2 tablespoons crumbled blue cheese
- Asian vinaigrette: 1/4 cup olive oil, 2 tablespoons rice wine vinegar, 1/2 tablespoon sesame oil, 1/2 tablespoon soy sauce, 1/2 tablespoon honey

Nutritional Information:

Calories 130

Total Fat 14g

Sodium 0mg

Total Carbs 1g

Protein 0g

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Combine all ingredients in a small container with a lid, cover with the lid and shake to combine.