



Vinaigrette Salad Dressing

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

Equipment:

Small container with lid
measuring cups and spoons

Utensils:

None

Ingredients

¼ cup olive oil or canola oil
2 tablespoons vinegar OR citrus juice
Additional flavor boosters

Vinegar or Citrus Juice Options

Regular “white” vinegar
Balsamic vinegar
Red or white wine vinegar
Rice wine vinegar
Lemon juice
Lime juice

Flavor Boosters

Dijon mustard
Pesto

Minced onion
Parmesan or blue cheese
Honey
Sesame oil
Garlic
Fresh Herbs

Balsamic Vinaigrette

¼ cup olive oil
2 tablespoons balsamic vinegar
1 tablespoon minced onion
Salt and pepper

Honey Mustard Vinaigrette

¼ cup canola oil
2 tablespoons red or white wine vinegar
½ tablespoon honey
1 tablespoon Dijon mustard
Salt and Pepper

Blue Cheese Vinaigrette

¼ cup olive oil
2 tablespoons white vinegar
1 clove minced garlic
2 teaspoons minced chives or scallions
2 tablespoons crumbled blue cheese

Asian Vinaigrette

¼ cup olive oil
2 tablespoons rice wine vinegar

½ tablespoon sesame oil
½ tablespoon soy sauce
½ tablespoon honey

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.

Nutritional Information:

Calories 130 Total Fat 14g Sodium 0mg Total Carbs 1g Protein 0g