

Homemade Salad Dressing

Making your own salad dressing is a super easy way to save money on store bought versions and to decrease the amount of sodium and added sugar in your diet

Yield: 4 servings (2 tablespoons each)

Ingredients:

¼ cup	Olive Oil (you can use ½ olive oil and ½ of a flavored oil like sesame)
2 Tablespoons	Vinegar or Citrus Juice (Red Wine, Balsamic, Lemon, Lime, etc)
2 teaspoons	Mustard (dijon, whole grain, spicy, etc)
2 teaspoons	Honey
¼ teaspoon	Salt
½ teaspoon	Black Pepper, ground
½ teaspoon	Garlic Powder
1 teaspoon	Dried herbs (parsley, oregano, thyme, rosemary, mix, etc)

Preparation:

- 1.) Add all of the ingredients to a container with a lid. Put the lid on the container and shake until well combined.
- 2.) Store the salad dressing in the fridge for up to 2 weeks.

Chef's Notes: As long as you stick to all of the measurements in this recipe you can make many different styles of salad dressing. Some combinations I like are an olive oil and sesame oil mix with rice wine vinegar, chinese mustard, honey, and ginger powder or olive oil, lime juice, dijon mustard, cumin, honey, and chili flakes.

Nutrition Facts: per 1 serving (2 tablespoons)

Calories: 138	Sodium: 174.6mg	Sugars: .1g
Total fat: 14.8 g	Total Carbs: 5g	Protein: 0g
Saturated fat: 2g	Fiber: 0g	