

SIMPLE SALAD DRESSING

Serves five

Preparation Time: five minutes

INGREDIENTS

½ cup olive oil

3 tablespoons vinegar or
lemon juice

Salt and pepper to taste

1 teaspoon Dijon mustard

1 clove garlic crushed or 1
teaspoon garlic powder

DIRECTIONS

1. Add all ingredients to a container with a tight-fitting lid.
2. Shake until well-blended (about one minute)
3. Spoon over garden salad.
4. Refrigerate leftovers.
5. Shake well to mix before use.

NUTRITIONAL INFO: Serving Size: 2 Tablespoons, Calories: 194, Fat: 22 grams (g), Sodium: 10 milligrams (mg), Fiber: 0 g. Vitamin A & C poor source, Calcium and Iron: poor source.



VARIATION:

Simple Salad Dressing

1. Try different flavors of vinegar.
2. Pass the dressing container around for everyone to shake before serving.

SIMPLY GOOD EATING

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