

Salad Dressing

Salad Dressings are built on five core elements

- ▶ **Oil** - Choose a neutral-tasting oil like canola, grapeseed, or safflower. Add sesame oil or nut oil for extra flavor.
- ▶ **Acid** - Add some tanginess with lemon or lime juice, or your favorite vinegar, including balsamic, red wine, white wine, champagne, or sherry.
- ▶ **Sweet** - To balance the acidity, add a touch of sugar. Honey, maple syrup, apple juice, frozen orange juice concentrate, or jam adds much more flavor than table sugar.
- ▶ **Salt** - A generous pinch is usually enough.
- ▶ **Aromatics** - Add flavor with aromatics such as shallots, citrus zest, black pepper, garlic, basil, thyme, tarragon, cilantro, mint, parsley, and dill.

Mix It Together. Combine all the ingredients in a small glass jar with tight fitting lid and shake. Store any unused dressing in the refrigerator for 3-5 days.



Quick Tips

- ▶ Before serving, sample dressing on a piece of lettuce. Adjust seasoning if necessary.
- ▶ Add just a hint of garlic by soaking a peeled, lightly smashed clove of garlic in oil for 5-10 minutes. Remove the garlic and use oil for dressing.
- ▶ Prevent the dressing from separating by adding a bit of mustard (dry or prepared) to help emulsify.
- ▶ Create a creamy dressing by substituting low-fat buttermilk or light mayo in place of the oil.
- ▶ Experiment with different flavors. Spice up the basic dressing by adding a bit of curry paste or oil infused with dried chilies.

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Basic Vinaigrette Dressing

Ingredients:

- 2/3 cup canola oil
- 1/3 cup white wine vinegar
- 1 teaspoon salt
- Pepper to taste

Directions:

- Place all the ingredients in a blender and mix for about 10 seconds or until fully combined. Or beat with a whisk, or add to a jar with top and shake until well blended.
- Transfer to a glass bowl and let stand for 30 minutes to let the flavors meld. Give the dressing a good whisk immediately before serving.

Per serving (2 tablespoons): 160 calories; 18g Fat (1.5 g saturated fat); 0 g protein; 0 g carbohydrate; 0 g Dietary Fiber; 0 mg cholesterol; 290 mg sodium.