

Eat Smart • Move More

Homemade Italian Dressing

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

- ½ cup distilled or cider vinegar
- ¼ cup olive oil
- ¼ cup water
- 1 tablespoon reduced fat grated Parmesan cheese
- 1 teaspoon Italian seasoning
- ½ teaspoon celery salt
- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper

Nutrition Facts

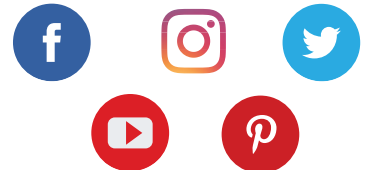
8 servings per container		
Serving size		1 serving
		(31.03g)
Amount per serving		
Calories		70
		% Daily Value*
Total Fat	7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	<1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes g of Added Sugars		
Protein	0g	
Vitamin D	0mcg	0%
Calcium	8mg	0%
Iron	0mg	0%
Potassium	21mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ For a slightly different flavor, add 1 teaspoon of freshly squeezed lemon juice.
- ▶ ½ teaspoon garlic powder can be replaced with 2 garlic cloves, minced.
- ▶ Missing a jar? Vigorously whisk in a bowl instead.

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Directions

- Combine all ingredients in a jar with a tight fitting lid. Shake vigorously to blend ingredients.
- Store in the refrigerator.

(Recipe adapted from: <http://addapinch.com>.)

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