CREATE YOUR OWN SALAD DRESSINGS

SALAD DRESSING BASICS

Basic salad dressing combinations include an acid, an oil and seasoning.

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<th>Amounts</th>
<th>Ideas for Ingredients</th>
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<tr>
<td>3 tablespoons acid</td>
<td>Balsamic vinegar&lt;br&gt;Rice vinegar&lt;br&gt;Red wine vinegar&lt;br&gt;Cider vinegar&lt;br&gt;Lemon, lime, or orange juice</td>
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<tr>
<td>½ cup (or less) oil</td>
<td>Olive oil&lt;br&gt;Canola oil&lt;br&gt;Safflower oil&lt;br&gt;Vegetable oil</td>
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<tr>
<td>½ to 1 tablespoon seasoning</td>
<td>Herbs&lt;br&gt;Spices&lt;br&gt;Finely-minced shallots&lt;br&gt;Finely-minced garlic&lt;br&gt;Dijon mustard&lt;br&gt;Parmesan cheese</td>
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WHAT TO DO:
1. Put all ingredients in a jar or other small container with a lid.
2. Put the lid on tightly.
3. Shake well.

Kids can help with this!

TIPS

1. Salad dressings can also be made with yogurt, sour cream, or fruit juice in place of the oil.
2. Increasing the ratio of vinegar to oil makes the dressing more acidic and gives it a sharper flavor.
3. Adding ¼ – ½ teaspoon Dijon mustard to salad dressings can help keep the oil and vinegar from separating.
4. Homemade salad dressing can also be used as a marinade for chicken or vegetables.
5. Adjust amounts in these salad dressing recipes to your taste. Experiment with flavors you and your family enjoy.
VINAIGRETTE DRESSINGS

BALSAMIC VINAIGRETTE
3 tablespoons balsamic vinegar
½ cup (or less) canola or olive oil
½ tablespoon Dijon mustard
Salt and pepper to taste

LEMON VINAIGRETTE
3 tablespoons lemon juice
½ cup (or less) canola or olive oil
½ tablespoon dried oregano or other herbs/spices (optional)
Salt and pepper to taste

RAPSBERRY VINAIGRETTE
2 tablespoons red wine vinegar
½ cup canola or olive oil
2 tablespoons red raspberry jam
Salt and pepper to taste

OIL FREE DRESSING
¼ cup orange juice
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
2 teaspoons honey

LEFTOVERS?
Dressings can be stored in the refrigerator in an airtight container (like a jar) for 1 to 2 weeks depending on the type of dressing.

CREAMY DRESSINGS

RANCH DRESSING
½ teaspoon dried parsley
½ teaspoon dried dill week
½ teaspoon dried chives
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon salt
¼ teaspoon black pepper
½ cup light mayonnaise
½ cup reduced-fat buttermilk
½ cup nonfat plain Greek yogurt or reduced-fat sour cream

For dip: Use ¾ cup light mayonnaise and ¾ cup nonfat plain Greek yogurt or reduced fat sour cream; eliminate the buttermilk.

HONEY MUSTARD DRESSING
2 tablespoons nonfat plain Greek yogurt
2 tablespoons Dijon mustard
2 tablespoons honey
Salt and pepper to taste

Tip: This recipe is equal parts yogurt, mustard and honey. It can easily be adjusted to make a larger or smaller amount.

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