



# Make Your Own Dressing!

Store-bought salad dressings can be full of fat, sugar, & preservatives. Use this guide to create a quick, fresh, & flavorful dressing.

The Vinaigrette Formula:  
**2 Part Fat + 1 Part Acid + Seasoning and Sweeteners**

Healthy Fats	Acids	Seasonings	Sweeteners*
<ul style="list-style-type: none"> <li>Olive Oil</li> <li>Sesame Oil</li> <li>Avocado Oil</li> <li>Canola Oil</li> <li>Avocado</li> <li>Plain Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Balsamic Vinegar</li> <li>Red/White Wine Vinegar</li> <li>Rice Vinegar</li> <li>Apple Cider Vinegar</li> <li>Sherry Vinegar</li> <li>Citrus Juice (lemon, lime, orange)</li> </ul>	<ul style="list-style-type: none"> <li>Garlic</li> <li>Ginger</li> <li>Herbs &amp; Spices</li> <li>Shallot</li> <li>Dijon Mustard</li> <li>Parmesan</li> <li>Olives or Capers</li> <li>Salt &amp; Pepper</li> </ul>	<ul style="list-style-type: none"> <li>Honey</li> <li>Maple Syrup</li> <li>Fruit</li> <li>Fruit Juice</li> <li>Jam/Preserves</li> </ul> <p>*use in moderation to balance acidity</p>

## Simple Vinaigrette Ideas:

### Lemon & Herb

- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 1 tsp Dijon Mustard
- 1 tsp Honey
- 1 tsp Fresh Thyme
- 1/8 tsp Kosher Salt
- Black Pepper to taste

### Sesame Ginger

- 2 Tbsp Sesame Oil
- 1 Tbsp Rice Vinegar
- 1/2 tsp Grated Ginger
- 1 tsp Minced Garlic
- 1 tsp Honey
- 1/8 tsp Salt
- Black Pepper to taste



## QUICK TIP

Skip the whisk and make your dressing in a jar or container with a lid. Just shake to combine!

