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

<table>
<thead>
<tr>
<th>Healthy Fats</th>
<th>Acids</th>
<th>Seasonings</th>
<th>Sweeteners*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>Balsamic Vinegar</td>
<td>Garlic</td>
<td>Honey</td>
</tr>
<tr>
<td>Sesame Oil</td>
<td>Red/White Wine Vinegar</td>
<td>Ginger</td>
<td>Maple Syrup</td>
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<tr>
<td>Avocado Oil</td>
<td>Rice Vinegar</td>
<td>Herbs &amp; Spices</td>
<td>Fruit</td>
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<tr>
<td>Canola Oil</td>
<td>Apple Cider Vinegar</td>
<td>Shallot</td>
<td>Fruit Juice</td>
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<tr>
<td>Avocado</td>
<td>Sherry Vinegar</td>
<td>Dijon Mustard</td>
<td>Jam/Preserves</td>
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<tr>
<td>Plain Yogurt</td>
<td>Citrus Juice (lemon, lime, orange)</td>
<td>Parmesan</td>
<td>*use in moderation to balance acidity</td>
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</tbody>
</table>

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!