HOMEMADE SALAD DRESSINGS

Simple Salad Dressing:

- 3 tbsp oil
- 2 tbsp red wine vinegar
- 1 tsp salt
- 1/4 tsp pepper

Honey Mustard:

- 6 tbsp mustard
- 1/2 tbsp lemon juice or cider vinegar
- 11/2 tbsp honey
- 1 tsp oil

Citrus Dressing:

- 2 tbsp lime, lemon, or orange juice
- 3 tbsp of oil
- 1/8 tsp of salt and pepper

Anderson Free Clinic
Wellness Market

HOMEMADE SALAD DRESSINGS

Balsamic Vinaigrette:

- 2 tbsp balsamic vinegar
- 3 tbsp oil
- 1 tbsp dijon mustard
- 1/8 tsp salt and pepper

Creamy Low-Fat Ranch Dressing:

- 6 oz low-fat yogurt
- 1/3 cup low fat mayonnaise
- 2 tbsp white vinegar
- 1 tbsp dill
- 1/4 tsp garlic powder
- 1/8 tsp salt