



Olive Oil Salad Dressing

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COLORADO

You will be amazed at how easy it is to make delicious salad dressing! Make a batch to store in the fridge for an easy salad anytime.

Ingredients:

- 3/4 cup extra-virgin olive oil
- 1/4 cup red-wine vinegar
- 1 teaspoon mustard
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper

Directions:

1. Put all ingredients into a jar, or another container with a tightly sealed lid.
2. Close the lid, shake well, and serve!

(Eventually the olive and vinegar will separate, so simply shake it back up.)

Get creative! Add in a teaspoon of dried herbs, some minced garlic, grated ginger, red pepper flakes, a teaspoon of honey, etc.!

The dressing may be stored in the jar in the fridge. It will keep well for several weeks. However, if you add other ingredients such as fresh herbs, it should be eaten within 3 days.

The olive oil may solidify slightly when refrigerated, but it will quickly return to liquid as it warms.

Serves: 8

Serving size: 2 Tablespoons

Try this dressing on a lettuce salad, potato salad, on beans & grains, or even as a marinade.

Vinegar variations:

- balsamic vinegar
- apple cider vinegar
- white-wine vinegar
- rice vinegar
- Or, try lemon juice instead!

Nutrition Facts

Serving Size 2.00 tablespoon(s) (29g)

Amount Per Serving

Calories 182 **Calories from Fat** 189

% Daily Value

Total Fat 21.0g 32 %

Saturated Fat 3.0g 15 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 80.2mg 3 %

Total Carbohydrate 0.1g 0 %

Dietary Fiber 0.1g 0 %

Sugars 0.0g

Protein 0.0g

Vitamin A 0 % Calcium 0 %

Vitamin C 0 % Iron 0 %