



A Nutrition Resource

HOMEMADE SALAD DRESSINGS

There are many benefits to making your own salad dressings – they are inexpensive, low in sodium, and have no added sugar or preservatives. Homemade dressings are easy to make and always fresh. Try out these recipes as well as our factsheet *Invent A Salad* for your next meal!

Ranch Salad Dressing

Yield: 2 Servings | Serving Size: 2 Tablespoons

- 1 cup low-fat mayonnaise
- ½ cup plain yogurt
- 2 Tablespoons low-fat milk
- 4 teaspoons dry Ranch Dressing Mix

- 1) Combine all ingredients. Mix well.
- 2) Chill until ready to use. Can be refrigerated for up to 2 weeks.

Ranch Dressing Mix

Yield: ¾ Cup

- 1 Tablespoon salt
- ½ cup dry parsley flakes
- 2 Tablespoons garlic powder
- 4 teaspoons onion powder
- 4 teaspoons black pepper
- 1½ Tablespoons dried dill (optional)

- 1) Combine all ingredients. Mix well.
- 2) Store in an airtight jar until ready to use.

Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons (43g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 1mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Which type of vinegar should you use for salad dressings?

- Red and white wine vinegars are good choices for salad dressings.
- Apple cider vinegar can be substituted; it is mild and has a sweeter flavor.
- Rice vinegar is the mildest of all vinegar, with much less acidity than other vinegars. It's often used in Asian or Chinese cooking.
- Plain distilled vinegar is made from grain alcohol and has a very sharp, unpleasant taste. Use it in very small quantities or add some sugar to sweeten the taste.
- Lemon and lime juices can be substituted for red and white wine vinegars, apple cider vinegar, and rice vinegar.

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Salad Dressing in a Jar



- 1) Put all ingredients in a jar or bottle with a lid.
- 2) Put lid on tightly. Shake well.
- 3) Chill for at least 1 hour before serving.
- 4) Can be refrigerated for up to 2 weeks.

Honey Mustard Vinaigrette

Yield: 7 Servings
Serving Size: 2 Tablespoons $\frac{1}{4}$ cup vegetable oil *OR* olive oil $\frac{1}{4}$ cup vinegar
 2 Tablespoons honey
 2 Tablespoons mustard
 2 teaspoons lemon juice
 $\frac{1}{4}$ teaspoon black pepper

Italian Salad Dressing

Yield: 8 Servings
Serving Size: 2 Tablespoons
 $1\frac{1}{2}$ teaspoons Italian Seasoning
 1 teaspoon salt
 1 teaspoon sugar
 $\frac{1}{2}$ teaspoon pepper
 1 clove garlic, finely minced *OR* $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{3}$ cup apple cider vinegar
 $\frac{2}{3}$ cup vegetable oil *OR* olive oil

French Salad Dressing

Yield: 10 Servings
Serving Size: 2 Tablespoons $\frac{1}{4}$ cup vegetable oil *OR* olive oil
 $\frac{1}{2}$ cup ketchup
 2 teaspoons sugar
 2 Tablespoons vinegar
 1 teaspoon paprika
 2 Tablespoons grated onion
 2 Tablespoons lemon juice

Nutrition Facts	
7 servings per container	
Serving size	2 Tablespoons (28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 12mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons (31g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 11mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
10 servings per container	
Serving size	2 Tablespoons (30g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 6mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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