

# VINAIGRETTE DRESSING VARIATIONS

**Yield:** 5 Servings | Serving Size: 2 Tablespoons

Cost/Serving: \$0.06

Ingredients:

Try these combinations or create your own!

#### **Basic Vinaigrette:**

6 Tablespoons oil

4 Tablespoons apple cider vinegar

1/4 teaspoon salt

1/4 teaspoon black pepper

Italian Vinaigrette: add these ingredients to the Basic

Vinaigrette

1 teaspoon garlic powder

1 teaspoon Italian seasoning

1 pinch of crushed red pepper flakes (optional)

## **Honey Mustard Vinaigrette:** Add these ingredients to the

**Basic Vinaigrette** 

1 teaspoon Dijon or spicy brown mustard

2 teaspoons honey

#### **Directions:**

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Combine all ingredients in a small container with a lid and shake well or combine in a small bowl and whisk until smooth.
- 3) Allow to stand for 10 minutes so flavors blend together.
- 4) Store for up to 2 weeks in a sealed container in the refrigerator
- 5) Contents may separate when stored. Shake or stir to re-mix before using.

### **Nutrition Facts**

5 servings per container

Serving size 2 Tablespoons (29g)

Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

<sup>\*</sup>The % Daily Value (DV) 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.



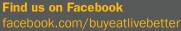
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Note: Nutrition Facts are for Basic Vinaigrette.
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re-mix.