Make Your Own Dressing

Making your own dressing is simple, and home made dressings contain less sugar, salt, and additives than those you buy in the store. Remember to limit your sugar intake (“sweets”) when making your dressings. You can customize your own dressing with quality oils, acids, and flavor boosters such as herbs, spices and condiments!

The Vinaigrette Formula:
3 parts fat + 1 part acid + seasoning, sweets and salts

The How-To: It’s simple! Just mix all the ingredients together except for the oil in a blender, or in a bowl with a whisk. While whisking, or with the blender running, gradually drizzle the oil in the dressing. Make sure to shake or mix well again before serving!

For example: Basic Balsamic Vinaigrette = 3 Tbsp. olive oil (fat) + 1 Tbsp balsamic vinegar (acid) + 1 teaspoon minced (crushed) garlic (seasoning) + 1 teaspoon honey (sweets) + 1/8 teaspoon salt (salt)

Use this chart for unlimited dressing ideas

<table>
<thead>
<tr>
<th>Quality Fats</th>
<th>Acids</th>
<th>Seasonings</th>
<th>Salts</th>
<th>Sweets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>Balsamic Vinegar</td>
<td>Garlic</td>
<td>Parmesan</td>
<td>Fruit</td>
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<tr>
<td>Sesame Oil</td>
<td>Red/White Wine Vinegar</td>
<td>Ginger</td>
<td>Cheese</td>
<td>Honey</td>
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<tr>
<td>Avocado Oil</td>
<td>Rice Vinegar</td>
<td>Dried Spices</td>
<td>Olives</td>
<td>Fruit Juice</td>
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<tr>
<td>Canola Oil</td>
<td>Apple Cider Vinegar</td>
<td>Fresh Herbs</td>
<td>Capers</td>
<td></td>
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<tr>
<td>Flaxseed Oil</td>
<td>Lemon Juice</td>
<td>Shallot</td>
<td>Salt</td>
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<tr>
<td>Avocado Puree</td>
<td>Orange Juice</td>
<td>Dijon Mustard</td>
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<tr>
<td>Plain Yogurt</td>
<td>Pineapple Juice</td>
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<td></td>
<td>Lime Juice</td>
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</tbody>
</table>

Vinaigrette Variations

**Lemon**
3 Tbsp. Olive Oil
1 Tbsp. Lemon Juice
1 tsp. Fresh Thyme
1 tsp. Sugar
1/8 tsp. Kosher Salt
T/T Black Pepper

**Sesame Ginger**
3 Tbsp. Sesame Oil
1 Tbsp. Rice Vinegar
1/2 tsp. Grated Ginger
1 tsp Minced (crushed) Garlic
1 tsp. Honey
1/8 tsp. Salt
too taste Black Pepper

**Dijon**
3 Tbsp. Olive Oil
1 Tbsp. Red Wine Vinegar
1 tsp. Dijon Mustard
1 tsp. Minced (crushed) Garlic
1 tsp. Honey
1/8 tsp. Salt
too taste Black Pepper