

HOW TO MAKE *Salad Dressing*

Salad is a nutritious and delicious meal or side dish. Make it taste even better with your own homemade salad dressing. Here is a basic salad dressing recipe that is so easy to make:

Serving size: 1 Tablespoon | Servings: 21

Ingredients:

- 1 cup oil
- 1/3 cup acid, such as red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Instructions:

- Put all ingredients into an airtight container.
- Secure the lid and shake until the ingredients are combined.
- Salad dressing can be stored in the airtight container in the refrigerator for up to one week.

* Note: the size of this recipe can be adjusted up or down by keeping the same ratio of three parts oil to one part acid. For example, for a small amount of dressing, use three tablespoons of oil, one tablespoon of acid, and a pinch of each of the seasonings.



You can take this basic recipe and make it your own signature recipe by substituting different ingredients that you have on hand or that you find at the store.

- **Oil:** try canola or olive oil. They have different flavors, but they both have healthy mono-unsaturated fats. Canola oil costs much less and will make your homemade salad dressing a bargain compared to store-bought salad dressings.
- **Acid:** try different flavors of vinegar or try fruit juice. With fruit juices, you can typically use more acid and less oil, making a lower-fat salad dressing.
- **Seasonings:** any herbs or spices, salt, pepper, sugar, mustard, chopped fruits (such as berries or peaches), or chopped vegetables (such as onions or peppers).
- **Creamy dressing:** add mayo, sour cream, or avocado.

Your homemade salad and salad dressing combination will be packed with vitamins, minerals, fiber, and mono-unsaturated fats. If you want to add even more nutrition, top your salad with cut up fruits and vegetables, a protein food (meat, beans, eggs, nuts, or seeds), cheese, or a whole grain (such as whole wheat noodles).



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www.extension.iastate.edu/foodsavings/page/how-channel for videos

and more information on basic food preparation, safety, storage, and easy recipes!

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