

Create Your Own Vinaigrette

Makes 6 servings | Grains • Protein • Vegetables • Dairy

Ingredients

Oil (½ cup)	Acid (3 Tablespoons)	Aromatics (½ teaspoon powder OR 1 teaspoon dried OR 3 Tablespoons fresh)	Sweet (optional-1 Tablespoon)
<ul style="list-style-type: none">• Olive• Canola• Vegetable• Walnut	<ul style="list-style-type: none">• Vinegar (cider, rice, white, red wine, balsamic)• Citrus juice (lemon, lime, orange, grapefruit)	<ul style="list-style-type: none">• Fresh herbs (basil, cilantro, dill, parsley, thyme, rosemary, oregano, etc.)• Spices (celery seed, paprika, cumin, black pepper, red pepper flakes, etc.)• Garlic• Onion• Prepared mustard (1 Tablespoon)• Grated orange or lemon peel	<ul style="list-style-type: none">• Honey• Maple syrup• Brown sugar• Orange juice• Jam

Directions

Use the chart above for ingredients and amounts, then follow the directions below.

1. Wash hands with warm, soapy water for 20 seconds.
2. Select one ingredient from each column and put in a jar or in a bowl. Add a pinch of salt and black pepper to taste.
3. If using a jar, seal and shake it. If using a bowl, mix together with a fork or whisk.
4. Let stand 15 minutes to blend flavors.
5. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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