



Basic Vinaigrette with Variations

Recipe Source: www.food.com

Ingredients: Basic Vinaigrette

Yield: ½ cup (for all recipes)

6 TBSP extra virgin olive oil (EVOO)
4 TBSP vinegar (white, cider, wine; not balsamic)
Salt
Black pepper

Ingredients: Italian Vinaigrette

Basic vinaigrette (use EVOO and red wine vinegar)
1 tsp minced garlic
1 tsp Italian seasoning
2 pinches crushed red pepper flakes (optional)

Ingredients: Lighter Bacon Dressing

Basic vinaigrette (use canola or corn oil and cider vinegar)
2 TBSP crumbled bacon or turkey bacon
1 TBSP finely minced onion
2 pinches celery salt (optional)
½ tsp prepared mustard (optional)
1-2 tsp brown sugar

Ingredients: Mustard Dressing

Basic vinaigrette
2 tsp prepared mustard (try Dijon or spicy brown)
2-3 tsp honey



Ingredients: Basic Creamy Vinaigrette Dressing

Basic vinaigrette

4-6 TBSP light mayonnaise, light sour cream, or low fat plain yogurt

Ingredients: Parmesan-Pepper Dressing

Basic creamy vinaigrette dressing

2 TBSP Parmesan cheese

¼ tsp fresh ground pepper (to taste)

Ingredients: Creamy Garlic Dressing

Basic creamy vinaigrette dressing

2 garlic cloves, put through a press

Fresh ground black pepper

Ingredients: Lemon Dressing

6 TBSP EVOO

6 TBSP lemon juice

1 tsp oregano

1 tsp minced garlic

Ingredients: Balsamic Vinaigrette

6 TBSP EVOO

2 TBSP Balsamic vinegar

1 tsp minced garlic

2 pinches Italian seasoning (optional)

Steps:

- Shake all ingredients for your chosen variation together in a tightly-lidded container or whisk together in a small bowl.
- Let stand 10 minutes to rehydrate dried herbs and blend flavors.
- Shake again then dress salad/vegetables as desired.