

Vinaigrette Salad Dressing

Making your own salad dressing is quick and easy. You can start out with this basic recipe and adapt as needed to fit the ingredients of your salad and your preferences. Mix the vinaigrette in a bowl with a fork or whisk or shake it in a jar with a tight-fitting lid.

Makes: 5 servings

Ingredients

Basic Vinaigrette

- 6 tablespoons olive oil
- ¼ cup vinegar (cider, balsamic, or red wine vinegar)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon mustard (yellow, brown, or Dijon mustard)



Directions

1. Whisk all ingredients together in a bowl or shake in a tightly closed container.
2. Serve.

Notes

- Children under the age of 1 should not consume honey.
- Try one of these variations:
 - *Sweet Vinaigrette* - Basic Vinaigrette recipe plus ¼ teaspoon sugar
 - *Italian Vinaigrette* - Basic Vinaigrette recipe plus 1 teaspoon garlic powder, 1 teaspoon Italian seasoning, ½ teaspoon crushed red pepper

- *Honey Mustard Vinaigrette* - Basic Vinaigrette recipe plus 1 teaspoon Dijon or spicy mustard and 2 teaspoons honey

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