



# Sensational Salads

## Vinaigrette Dressing

There are many different types of salad dressings including vinaigrettes and mayonnaise-based dressings like ranch. A vinaigrette is the most basic type of dressing and is made using oil, vinegar, and a combination of herbs and spices. Citrus juice can be added in the place of vinegar in a recipe. Try this recipe at home with your next salad.

### Basic Vinaigrette

**Servings:** 5

**Serving Size:** approximately 2 tablespoons

#### Ingredients:

- 4 tablespoons vinegar (cider, balsamic, red wine, etc.)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon mustard (yellow, Dijon, brown, etc.)
- 6 tablespoons vegetable oil (olive, canola, etc.)

#### Directions:

Combine vinegar, salt, pepper, and mustard in a mixing bowl with a whisk. Gradually add oil while mixing. Store covered in the refrigerator and stir before serving.

#### Variations:

*Sweet Vinaigrette* (Basic vinaigrette plus the following):

- 1/4 teaspoon sugar or honey

*Italian Vinaigrette* (Basic vinaigrette plus the following):

- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 pinch crushed red pepper flakes

*Honey Mustard Vinaigrette* (Basic vinaigrette plus the following):

- 1 teaspoon Dijon or spicy mustard
- 2 teaspoons honey

Nutrition Information (basic vinaigrette): 148 calories, 16g fat, 2g saturated fat, 123mg sodium, 0g carbohydrates, 0g sugar

Recipe adapted from What's Cooking? USDA Mixing Bowl.