

Homemade Vinaigrette

Makes: 1 cup (250 mL)

Preparation time: 5 minutes

This simple salad dressing can be changed up in many ways, so be creative.

Ingredients

¼ cup	Vinegar	50 mL
¾ cup	Oil (olive, canola)	175 mL
1 to 2	Cloves garlic	1 to 2
1 Tbsp	Mustard	15 mL
¼ tsp	Salt	1 mL
Pinch	Black pepper, ground	Pinch
Pinch	Sugar	Pinch

Directions

1. In a small bowl, whisk together garlic to taste, vinegar, mustard, salt, pepper and sugar. Slowly whisk in olive oil (or combine in a jar and shake).

Here are some ideas to change this salad dressing:

Add 2 tsp (10 mL) freshly squeezed lemon or lime juice, honey, or chopped herbs.

Simply Great Food. Dietitians of Canada. 2007. Published by Robert Rose Inc.



DURHAM
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DEPARTMENT
June 2024

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