



Cape Cod Cooperative Extension

Nutrition & Food Safety

How to Make Salad Dressing

*Salad is a nutritious and delicious meal or side dish.
Make it taste even better with your own homemade dressing.*

Below is a basic salad recipe that is so easy to make. You can turn this basic recipe into your own signature recipe by substituting different ingredients that you have on hand or that you find at the store.

- **Oil:** try canola or olive oil. They have different flavors, but they both have healthy mono-unsaturated fats. Canola oil costs much less and will make your homemade salad dressing a bargain compared to store-bought salad dressings.
- **Acid:** try different flavors of vinegar or try fruit juice. With fruit juices, you can typically use more acid and less oil, making a lower-fat salad dressing.
- **Seasonings:** any herbs or spices, salt, pepper, sugar, mustard, chopped fruits (such as berries or peaches), or chopped vegetables (such as onions or peppers).
- **Creamy dressing:** add mayo, sour cream, or avocado.

Your homemade salad and salad dressing combination will be packed with vitamins, minerals, fiber, and monounsaturated fats. If you want to add even more nutrition, top your salad with cut up fruits and vegetables, a protein food (meat, beans, eggs, nuts, or seeds), cheese, or a whole grain (such as whole wheat noodles).

Homemade Salad Dressing

Serves: 21 ~ Serving Size: 1 Tablespoon
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Ingredients:

1 C oil
1/3 C acid, such as red wine vinegar
1 tsp garlic powder
1 tsp onion powder
1 tsp salt
1/2 tsp black pepper

Instructions: Put all ingredients into an airtight container. Secure the lid and shake until ingredients are combined. Salad dressing can be stored in the airtight container in the refrigerator for up to one week.



Tip: Size of recipe can be adjusted up or down by keeping the same ratio of three parts oil to one part acid.