

# Salad Dressing

*Finding salad dressings made with high-quality fats, acids, and herbs can be a challenge. Fortunately, it doesn't take much time to make your own, and most of these variations will keep for quite a while in the fridge.*

*These dressings are placed here for more than just dressings, they can be used to flavor many different dishes. For example, use them as a marinade for meat or our them over steamed veggies.*

## Dressing

Prep Time	Yield
5-10 Minutes	2-8 servings

Greek Salad Dressing		
1/2	cup	extra-virgin olive oil
2	tbsp	fresh lemon juice
1/3	cup	apple cider vinegar or red wine vinegar
1	tsp	dried oregano
2	cloves	garlic, crushed
1	tsp	lemon zest
1/8	tsp	salt

Italian Vinaigrette		
6	tbsp	extra-virgin olive oil
1/4	cup	apple cider vinegar
1/4	tsp	dried oregano leaves
1/4	tsp	dried rosemary
1/4	tsp	marjoram leaves
1/4	tsp	dried savory
1	clove	garlic, crushed
	pinch	salt

Basic Vinaigrette		
3	tbsp	extra-virgin olive oil or avocado oil
2	tbsp	acidic liquid (such as: fresh lemon/lime juice, apple cider vinegar, balsamic vinegar, or white or red wine vinegar)
	pinch	Salt

Creamy Balsamic		
1/4	cup	extra-virgin olive oil
1/2	cup	balsamic vinegar
1/4	med.	avocado

## Instructions

1. Combine all the ingredients in a blender. (If making the Basic Vinaigrette, simply combine the ingredients in a jar and shake before serving.)
2. Blend until fully combined.
3. Store in the fridge and warm to room temperature before serving (just take it out of the fridge about 30 minutes before mealtime). Creamy Balsamic Dressing will keep in the fridge for 3-4 days. The other dressings will keep for about a month.