

Vinaigrette Salad Dressings:

Basics: 1part Vinegar (or citrus juice) to 2 parts Extra Virgin Olive Oil

-Vinegars: Balsamic, White, Rice-Citrus: Fresh Squeezed Lime, Lemon or Orange

Ingredients:

- ½ Cup EVOO
- ¼ Cup Balsamic Vinegar
- 1 T Dijon or Honey Mustard
- ¼ tsp Black Pepper
- 1/8 tsp Celtic Sea Salt
- ¼ cup water

Shake together and let stand 30 minutes before adding to Salad Make your own variations using Italian seasoning, garlic, honey or ginger.