

Homemade Salad Dressings

Making your own salad dressings is a snap. You just have to measure your ingredients carefully and shake it up well. Toss your favorite dressing with salads. Store bought salad dressings are usually high in sodium. By only using a pinch of salt (or none at all), you can reduce the sodium content.

Balsamic Vinaigrette

1 cup olive oil
½ cup balsamic vinegar
1 clove garlic, crushed
½ teaspoon dried herbs (such as basil, thyme or tarragon)
Salt and pepper

Combine oil, vinegar, mustard and garlic and herbs in a small jar with a lid. Tighten the lid and shake well. Add salt and pepper to taste. Serve right away or store in the refrigerator. Serve at room temperature. Makes 1 1/3 cups

Lemon-Parmesan Dressing

1 cup olive oil
1/3 cup fresh-squeezed lemon juice (can use bottled lemon juice)
½ cup shredded Parmesan cheese
1 clove garlic, crushed
Salt and pepper

Combine oil, lemon juice, Parmesan and garlic and herbs in a small jar with a lid. Tighten the lid and shake well. Add salt and pepper to taste. Serve right away or store in the refrigerator. Serve at room temperature. Makes 1 ½ cups

Maple Mustard Dressing

½ cup vegetable oil
¼ cup pure maple syrup
¼ cup apple cider vinegar
1 teaspoon Dijon mustard
1 clove garlic, crushed
Salt and pepper

Combine oil, maple syrup, vinegar, mustard and garlic in a small jar with a lid. Tighten the lid and shake well. Add salt and pepper to taste. Serve right away or store in the refrigerator. Serve at room temperature. Makes 1 cup