

## **Honey Dijon Vinaigrette Salad Dressing**

*Recipe yields about ½ cup*

### **Ingredients**

- 1/3 cup olive oil
- 3 Tbsp honey
- 3 Tbsp apple cider vinegar
- 1 Tbsp Dijon mustard
- Pinch of salt

### **Directions**

1. Put all ingredients into a mason jar and shake vigorously.
- 

## **Italian Salad Dressing**

### **Ingredients**

- 3 garlic cloves, pressed
- 1 teaspoon salt
- ½ cup extra virgin olive oil
- ½ cup mild olive oil
- 2 Tbsp apple cider vinegar
- 1/3 cup lemon juice
- Freshly ground black pepper
- ¼ tsp oregano (optional)

### **Directions**

1. Press garlic into a bowl. With the back of a spoon, mash salt into garlic for a couple minutes until mixture turns into a creamy paste.
  2. Put all ingredients into a jar and shake vigorously.
- 

## **Green Salad Dressing**

### **Ingredients**

- ½ cup olive oil
- 1 Tsp lemon juice
- 1 tsp honey
- ¼ tsp salt
- 1/8 tsp oregano
- 1/8 tsp mint
- 1/8 tsp thyme
- 1 garlic clove, pressed
- ½ cup chopped parsley
- ½ cup yogurt

### **Directions**

1. Blend all ingredients except yogurt. Then, slowly add yogurt and blend.

\*\*In this recipe, taste testing is extremely important. Taste your dressing throughout blending and feel free to add more than the specified amount of herbs.

---

## **Garlic Herb Vinaigrette**

*Yields about 1 cup*

### **Ingredients**

- $\frac{3}{4}$  cup extra virgin olive oil
- $\frac{1}{4}$  cup red or white wine vinegar
- 1 teaspoon parsley
- 1 teaspoon oregano
- 1 teaspoon crushed red pepper
- 1 clove garlic
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper
- 1 teaspoon honey
- 2 tablespoon parmesan cheese

### **Directions**

1. Put all ingredients in a pint mason jar and shake vigorously.
-