



EATING SMART
BEING ACTIVE

Vinaigrette Dressing Variations

Makes: 5 servings (2 tablespoons per serving)

Preparation Time: 5 minutes

Ingredients

Try these combinations, or create your own!

Basic Vinaigrette:

6 tablespoons oil

4 tablespoons apple cider vinegar

¼ teaspoon salt

¼ teaspoon black pepper

Italian Vinaigrette: add these ingredients to the Basic Vinaigrette

1 teaspoon garlic powder

1 teaspoon Italian seasoning

1 pinch of crushed red pepper flakes (optional)

Honey Mustard Vinaigrette: add these ingredients to the Basic Vinaigrette

1 teaspoon Dijon or spicy brown mustard

2 teaspoons honey

Directions

1. Collect and measure all ingredients.
2. Combine all ingredients in a small container with a lid and shake well, or combine in a small bowl and whisk until smooth.
3. Allow to stand for 10 minutes so flavors blend together.
4. Store for up to 2 weeks in a sealed container in the refrigerator.
5. Contents may separate when stored. Shake or stir to re-mix before using.

Basic Vinaigrette

Nutrition Facts	
5 servings per container	
Serving size 2 Tablespoons (29g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Italian Vinaigrette

Nutrition Facts	
5 servings per container	
Serving size 2 Tablespoons (29g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Honey Mustard Vinaigrette

Nutrition Facts	
5 servings per container	
Serving size 2 Tablespoons (32g)	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 1mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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