

Homemade Salad Dressing

Ingredients

- 1/4 cup apple cider vinegar
- 2 tablespoons sugar or honey
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup olive oil
- *Optional: 2 teaspoons of mustard*



Nutrition Tip: Use a healthy fat like olive oil to make your own salad dressing at home!

Directions

Using a whisk or fork, mix together apple cider vinegar, sugar, salt, and pepper (and mustard, if you want) together in small bowl. While mixing ingredients in small bowl, slowly pour olive oil into small bowl. Whisk until ingredients come together. Ready for salads!

If not using immediately, may store in refrigerator for 2 weeks. Mix well before using.

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