

Basic Salad Dressing

Common salad dressing vinaigrettes are made by adding an oil with some type of acid (ex. vinegar, lemon juice) and seasonings. Yogurt can substitute oil for a creamy salad dressing alternative.

Basic Vinaigrette



Ingredients

- 1/4 cup apple cider vinegar
- 2 tablespoons water
- 3 tablespoons sugar or honey
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup olive oil

Directions

Using a whisk or fork, mix together apple cider vinegar, water, sugar, salt, and pepper 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 and veggies! If not using immediately, may store in refrigerator for 2 weeks. Mix well before using.

Honey-Mustard Dressing



Ingredients

- 1/2 cup nonfat/low fat plain yogurt
- 1 tablespoon cider vinegar/lemon juice
- 2 teaspoons mustard
- 2 teaspoons honey
- Salt and pepper to taste

Directions

Whisk yogurt, vinegar, mustard, honey and salt in a small bowl until blended. Add a generous grinding of pepper and whisk again. (Alternatively, combine all ingredients in a small jar, secure the lid and shake until blended.)

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