

HEALTHY COOKING WITH NICOLE

Make Your Own Simple Balsamic Salad Dressing

Good Seasons salad dressing cruet

Balsamic vinegar

Extra virgin Olive oil

Mustard

Honey

Fill vinegar to -V- line (1/3 cup)

Put a tablespoon of mustard in cruet

Put a tablespoon of honey in cruet

Put 1/2 cup olive oil in cruet

Shake well

If you do not have a good seasonings cruet, you can measure the ingredients into a container with a tight fitting lid.

You can leave this dressing out of the refrigerator. It will last for a week.

If you do refrigerate it, olive oil does get hard in the refrigerator. Just leave out for about 20 minutes before you are ready to use it, or substitute avocado oil, which will not harden.



HEALTHY TIPS

- **There are many other variations you can make with this recipe.**
- **You can use different flavored vinegars and seasonings to get completely different tastes.**

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- **Salad dressings have lots of preservatives to help them stay fresh in the store, but make it a lot less healthy for you!**