

Health Tip of the Month

Easy Homemade Salad Dressing

Have you read the nutrition facts label on your store bought salad dressing?

Many dressings contain added sugars and salt and other ingredients you may not even recognize.

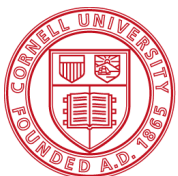
Try making your own salad dressing. Use your favorite herbs and spices to dress up any type of salad.



Tips for Home Made Dressing

Mix 2 tablespoons of your favorite oil with 1 tablespoon of your favorite vinegar. Then add your favorite herbs, spices and a little black pepper.

- For a lighter dressing use only 1 tablespoon of oil.
- For a more citrus tasting dressing use lemon, lime, grapefruit or orange juice instead of vinegar.
- For a creamier dressing add yogurt, mashed avocado or Dijon mustard in place of 1 tablespoon oil.
- For a new flavor try mixing cilantro and hot pepper or other herbs and spices you've never tasted before.



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