



Italian Dressing

Makes about two and a half cups of dressing

1 cup extra virgin olive oil
¾ cup vinegar of choice – I often use Cider vinegar
1 ½ TBS water
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. sugar
½ TBS crushed dried oregano
¼ tsp. crushed dried thyme
¼ tsp. crushed dried basil
1 tsp. dried chives
1 tsp. crushed dried parsley
1/8th tsp. celery powder
1 tsp. freshly ground black pepper
2 tsp. salt

Place the oil, vinegar and water in a mixing bowl.

Add the spices to the oil and vinegar. Whisk until you have a nicely emulsified dressing. Taste for salt and adjust as necessary. Refrigerate in a covered container for up to 2 months. Shake well before each use. Enjoy!

1/8 cup dressing - CALORIES 100.44; FAT 10.84 grs (sat 1.49; mono 7.88; poly 1.1); PROTEIN 0.09 grs; FIBER 0.07grs; CARBS 0.72 grs; CHOLESTEROL 0.00 mg; IRON 0.16 mg; SODIUM 233.62 mg; CALCIUM 7.261 mg