

# Easy Salad Dressing

## Aderezo de ensalada



**Shake!**

**Sacuda!**

# What is your favorite salad dressing?

Make your own!

- ◆ Its Quick - Easy - Healthier than Store Bought - Less Expensive
- ◆ Lower in fat, sugar and salt!

## Easy Vinaigrette Dressing

**Use 3 or 2 times as much oil as vinegar.**

1/2 cup oil    Olive oil    Canola Oil    Vegetable Oil    Sesame Oil

1/4 cup vinegar    Apple Cider Vinegar    Red Vinegar

Balsamic Vinegar

1 tablespoon fresh herbs    Try market fresh herbs

1/4 teaspoon dry herbs and spices

Pepper to taste

No salt!    Use your herbs and spices instead of adding salt

## Easy Yogurt Dressing

**1 cup low fat plain yogurt**

**2 Tablespoons lemon juice**

**Zest of one lemon (the skin grated fine)**

**2 Tablespoons fresh parsley (or cilantro or basil or mint)**

**Pepper to taste**