

# Salad Dressings

It is easy to make them yourself!



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# Simple Salad Dressings

## **Cucumber Dressing**

- 1 cup Greek yogurt
- 1 tsp lemon juice
- 2 tablespoons red or white wine vinegar
- 1/2 cup cucumber, peeled, seeded, diced
- 1 clove of garlic, minced
- 1 tsp dried dill
- Black pepper to taste

Mix all together in a bowl. Chill until ready for use.

## **Honey Mustard Dressing:**

- 1 teaspoon dijon or whole grain mustard
- 1 tablespoon plain yogurt
- 1 tablespoon red or white wine vinegar
- 1 tsp honey

Mix all together in a bowl. Chill until ready for use.

## **Lemon Spritzer**

- Spray of olive oil
- Grated zest of lemon
- Squeeze of lemon
- Black pepper to taste

Add these ingredients to a salad and toss well. Serve immediately.

## **Italian spritzer**

- Spray of olive oil or avocado oil
- Red wine vinegar
- 2 tsp Italian seasoning or fresh chopped herbs: basil, oregano
- Cracked black pepper
- Grated parmesan cheese

Add these ingredients to a salad and toss well. Serve immediately.