



## Vinegar and Oil Salad Dressing

There are so many good vinegars today, balsamic (dark & golden), raw apple cider, red wine, white wine, rice ... and the list goes on. They have unique flavors, but easily can be combined with a good olive oil or avocado oil to make an amazing and easy salad dressing.

It is most often recommended to use 3 parts oil to 1 part vinegar – and this work well, but I find I like more of the vinegar flavor, so I usually do about equal amounts. Then I often use just a little water as it seems to help the emulsion stay together just a little longer.

1/3 c. Balsamic Vinegar

1/3 c. Olive Oil

1 T. water

Fresh ground black pepper and salt to taste.

Wisk together or place in a glass jar, screw on the lid and shake.

You can also combine the oil and vinegar along other seasonings and flavorings you enjoy such as:

Dijon mustard, garlic, fresh herbs (rosemary, basil), a squeeze of lemon, lime, orange, etc, are great additions to create great flavors. The best way to check if you like the flavor – drip a few drops onto a piece of your greens you are using.

When selecting olive oil, a few things to look for, in a dark tinted glass bottle or a tin, “Extra Virgin” on the label and either a harvest or best-by date. If it has an estate name that you don’t recognize that is also a sign of quality. Small producers who grow and press their own olives often include their estate on the bottle. If it has an official mark or seal showing the oil comes from a designated region, that designates quality also. Like PDO – the European Union’s official Protection Designation or Origin seal or DOP – similar seal from Italy.