



ITALIAN VINAIGRETTE

INGREDIENTS

3 Tbs. of olive oil
2 Tbs. of red wine vinegar
1 Tsp. of Salt
1/2 Tsp. of minced garlic
1/2 Tsp. of Italian seasoning
Freshly ground pepper to taste
Optional: 1 pinch of crushed red
pepper flake

HONEY MUSTARD

INGREDIENTS

Use Italian Vinaigrette Recipe

Add 1 Tsp. of Dijon Mustard

1-3 Tsp. of Honey or other
sweetener of choice, to taste.

DIRECTIONS

Combine the ingredients listed above within a tightly-lidded
container

Close container and shake until proper consistency reached

Let mixture sit for 10 minutes to blend flavors and then
lightly dress salad with vinaigrette