

SALAD DRESSING EXPRESS

PREP 3 MIN - YOU JUST NEED A FORK

This recipe is SO quick & easy, you don't even need a container. Mix oil and vinegar directly in the salad bowl right before lunch/dinner. Add a flavor if you want to. Throw in your greens and toss! Eating healthy tasty salads has never been simpler.



INGREDIENTS

- 1/2 tablespoon olive oil
- 1/2 tablespoon balsamic vinegar

Keep AS IS or...

Add extra flavor with either:

- 1/2 tsp Dijon mustard
- a tiny bit of crushed garlic
- a pinch of lemon or orange zest
- chopped rosemary
- black pepper to taste

My recipes are personal suggestions put together for your convenience and tasting pleasure.

Please don't assume that every recipe works for everybody, and make sure you won't be subject to adverse reactions. Bon appétit !