



## **Make Your Own: Salad Dressings**

### Lemon Vinaigrette

- 3 tablespoons lemon juice (preferably fresh)
- ½ cup (or less) olive oil
- ½ tablespoon dried oregano OR 1 tablespoon finely minced fresh oregano
- Salt and pepper to taste

### Balsamic Vinaigrette

- 3 tablespoons balsamic vinegar
- ½ cup (or less) olive oil
- ½ tablespoon Dijon mustard
- Salt and pepper to taste

### Oil-Free Dressing

- ¼ cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons honey

**Note:** Dressing can be stored in an airtight container in the refrigerator for up to one week.