

Homemade Italian Dressing Recipe

Ingredients

3 TBSP white wine vinegar (Debbie's Tip use Balsamic)

1 tsp Dijon mustard

¼ cup olive oil

½ tsp onion powder

2 cloves of garlic minced

½ tsp thyme

½ tsp basil

½ tsp oregano

½ tsp salt

½ tsp pepper

Instructions

Combine all ingredients in a small mason jar, close lid tightly, and shake vigorously. Serve immediately.

Store in refrigerator for up to 1 week. If refrigerated, the dressing may solidify slightly. This is perfectly okay. It happens when olive oil is chilled. Simply remove from refrigerator about one hour before you need to use.

Nutrition

Serving 2 TBSP/Calories: 117kcal/Carbohydrates 1.3g/Protein 0.2g/Fat 12.7g/Saturated Fat 1.8g/Sodium 322mg/Fiber 0.3g/Sugar .2g

Recipe by Wellness Mama