

Italian Dressing

SERVING SIZE: 2 Tablespoons

SERVINGS: 16

PREPARATION TIME: 5 minutes

REFRIGERATION TIME: 1 hour

INGREDIENTS:

- 2 Tablespoons Italian seasoning
- 1 Tablespoon prepared mustard, Dijon or other
- 3/4 cup white vinegar
- 4 teaspoons sugar
- 2 cups vegetable oil



DIRECTIONS:

1. Use back of spoon to crush Italian seasoning in a small bowl.
2. Place the Italian seasoning, mustard, sugar and vinegar in a quart jar or bowl with a lid. Shake to mix well. Let sit for 5 minutes.
3. Add the oil last for best flavor.
4. Cover and refrigerate for at least one hour.
5. Shake dressing well before serving.

RECIPE TIPS:

- Try on lettuce or other leafy greens.
- Add to pasta salad. (Try our Healthy Shelves Italian Pasta Salad recipe!)
- Great as a dressing on fresh, chopped veggies, or to drizzle over oven-roasted vegetables.
- Use to marinate chicken or fish.

NUTRITION FACTS:

Amount Per Serving	
Calories	140
Total fat	14g
Saturated fat	1g
Cholesterol	0mg
Sodium	122mg
Total Carbohydrate	1g
Fiber	0g
Sugar	1g
Includes 1g of Added Sugars	
Protein	0g
Phosphorus	0mg
Potassium	0mg

EQUIPMENT NEEDED:

- Small bowl
- Spoon
- Quart jar or bowl with lid
- Measuring cups and spoons

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: www.healthyshelves.org