

Homemade Salad Dressings

Give these simple, homemade options a whirl, and you may never buy bottled dressing again.

Lemon Garlic Salad Dressing

Ingredients:

- 2 - 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1 small clove garlic, minced
- 1/2 tsp. finely grated lemon zest (optional)
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dry mustard

Preparation:

Whisk all ingredients together in a small bowl *or* put them in a jar and shake to blend. Taste and adjust salt and pepper to taste. If the dressing is too zingy for you, feel free to add more olive oil to soften the flavor.

Use immediately or store, covered and chilled, up to 1 week (olive oil will solidify in the refrigerator but will melt quite quickly at room temperature).

Creamy Garlic Dressing for Veggies

Ingredients:

- 6 cloves garlic
- 1/3 cup apple cider vinegar
- 2 Tbsp. chopped shallots
- 1 tsp. Dijon mustard
- 1/2 tsp. salt
- pinch white pepper
- 1 egg white
- 1/2 cup to 1 whole cup olive oil

Preparation:

Wrap garlic cloves, skin-on, in foil and set atop a cookie sheet or baking pan. Place on top rack of oven and roast at 360 degrees, until softened and lightly browned (approximately 20 minutes). Remove from oven, let cool, then squeeze out soft garlic “meats” from the skins.

In a blender, blend the garlic meats with all remaining ingredients **except olive oil**, until smooth. Next, while blender is running, carefully lift lid and add the olive oil in a thin stream until emulsified. Enjoy as a dip or tasty veggie topping! Keeps in fridge for 4-5 days.

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