

step 1

Start with
about 1/2
cup oil



olive oil

sesame oil

peanut oil

walnut oil

avocado oil

grapeseed oil

step 2

Whisk in
1/4 cup
acidic
juice or
vinegar



lemon



balsamic



champagne



orange



rice

mustard

honey

jam

ginger



step 3

Sprinkle
in flavor
enhancers



garlic & shallot



sriracha



tahini



fresh herb



soy sauce



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ewg

Salad Dressing 101

Courtesy of
Earthbound Farm Organic
ebfarm.com/organic-bound/salad-dressing-101

Gorgeous greens. Crisp veggies. Maybe some beans, a few nuts or even some fruit. You've carefully chosen your salad ingredients for great flavor and texture. Now boost the *Wow* factor with homemade dressing. You might be surprised at how easy it is to make a super-fresh, delicious salad dressing to top it off.

All you need is a few minutes, a few pantry-friendly ingredients and a simple ratio — 2 parts oil to 1 part acidic vinegar or juice, plus any seasonings or flavorings you like (or just salt and pepper) — to whip up a homemade dressing that puts the bottle to shame. And you know everything that goes into it, so you'll have no surprises. (Except maybe how easy and tasty it is.)

Even the simplest dressing of all can be amazing if you layer the ingredients in the right order. Toss your salad with your favorite oil, then add some salt and pepper, then toss again. Finally, drizzle in a complementary vinegar or citrus juice and toss one last time. Delicious!

***Our friends at Earthbound Farm
recommend using Kale Italia, Baby
Spinach, Baby Arugula, or their Spring
Mix for your green base!***

And remember to opt for organic whenever possible.