

## ***Italian Dressing***

It's so easy to make your own healthier salad dressing. Give up the bottled dressings that are full of sodium plus ingredients you can't pronounce and would never find in your kitchen. If you want to substitute fresh herbs for the dry, use three times the amount of fresh. Dress your salad or marinate your chicken with fresh Italian dressing!

Serves: 12

Serving size: 1 tablespoon

½ cup extra virgin olive oil  
¼ cup white vinegar  
1 tbsp fresh lemon juice  
½ tsp dried basil  
½ tsp dried thyme  
½ tsp dried oregano  
2 cloves garlic  
Salt and pepper to taste\*



Directions:

1. Place all ingredients in a blender. Blend until ingredients are mixed well, about 1 minute.
2. Chill and serve.

\*Amount added varies and is not included in the nutrition analysis.

Per serving: 80 calories, 0g protein, 9g fat (1.5 g saturated), 0mg cholesterol, 0g carbohydrate, 0g fiber, 0g sugar, 0mg sodium

