MAKING A VINAIGRETTE

Step One:
Add a flavorful oil (think extra virgin olive oil, walnut oil, or avocado oil) to a jar/bottle with a lid.

Step Two:
Add an equal amount of vinegar and/or citrus juice (think apple cider vinegar, balsamic vinegar, lemon juice, or a combination of these)

Step Three:
Add seasonings to individual preference: start simply with salt and pepper and build up from there! Fun additions: mustard, honey, miso, fresh herbs, minced garlic, and more!

Final Step: put on the lid and shake, shake, shake!

SALAD CONTENT IDEAS

Chef Salad:
Green leaf lettuce, boiled eggs, sliced deli meat, tomatoes, cucumbers, and cheese. Use a vinaigrette with some mayo and apple cider vinegar as a base!

Greek Salad:
Red onion, tomatoes, cucumbers, and feta cheese on a bed of romaine. Add dried or fresh oregano and lemon to a basic vinaigrette!

Southwest Salad:
Black beans, corn, avocado, spicy chicken breast, and shredded cheese. Add cilantro, lime, and hot sauce to the vinaigrette and top with sour cream!