

# Make your own dressings!

Making salad dressings at home is a great way to cut back on excess sugars, salts, and preservatives that come in packaged salad dressings. **Choose a dressing from the list below and simply mix all ingredients then refrigerate for two hours.** Each recipe makes dressing for 4 salads and can be stored in the fridge for 1 week.

## Caesar Dressing Ingredients:

- 1/2 cup fat-free Mayonnaise
- 1/3 cup 1 percent Milk
- 1 1/2 tsp Dijon Mustard
- 1 tbsp Lemon Juice
- 1/4 tsp Garlic Powder
- 1/4 tsp Black Pepper

## Italian Dressing Ingredients:

- 1 tbsp Olive Oil
- 2 tbsp Red Wine Vinegar
- 2 tbsp Dijon Mustard
- 1 clove Garlic, minced
- 1/2 tsp Basil
- 1/4 tsp Thyme

## Vinaigrette Dressing Ingredients:

- 1 Shallot, minced
- 3/4 cup Olive Oil
- 1/4 cup Balsamic Vinegar
- 1 tsp Lemon Juice
- 1/4 tsp Black Pepper

## Avocado Dressing Ingredients:

- 1 Avocado, scooped
- 1 cup Cilantro
- 1 cup Nonfat Plain Yogurt
- 4 Scallions, chopped
- 2 tbsp Lime Juice

These options at HEB are low in sugar and salt if you are in a rush!

