

Zesty Herb Salad Dressing

Vinegar, orange juice, and herbs combine to give this dressing a sweet and tangy flavor. Season to your taste.

Makes: 5 servings

Prep Time: 5 minutes

Chill for 1 hour

Source: [choosemyplate.gov/recipe/zesty herb salad dressing](http://choosemyplate.gov/recipe/zesty-herb-salad-dressing)



Small Changes,
BIG Difference!

Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- 1/3 cup tomato or orange juice
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Directions

1. Put all the ingredients in a jar or bottle with a lid.
2. Put on the lid. Shake well.
3. Chill in the fridge for at least 1 hour before serving. Refrigerate any leftovers.

Utensils Needed

- Jar with tight-fitting lid
- Measuring utensils

Nutrition Information

Serving Size: 2 Tablespoons	
Nutrients	Amount
Calories:	29
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	160 mg
Total Carbohydrates:	1 g
Dietary Fiber:	0 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	0 g

SHOPPING LIST

Average total cost without oil and seasonings: \$0.46

Average cost/serving: \$2.29

Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Orange Juice



Add 1 to Cart
Apple Cider Vinegar

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- The more air-tight container, the better for storage.
- It's best to store on the fridge shelf versus the fridge door so it stays cool.