

Design Your Own Dressing

Add even more nutritious value to your raw salad with your own salad dressing.

Play around and have fun creating your own variation on the classic **French dressing**, which is 1/3 wine vinegar, 2/3 oil plus seasoning. Be sure to use extra virgin, cold pressed oil.

I might do half and half apple cider vinegar and fresh squeezed lemon juice with just salt and pepper and extra virgin olive oil if I want to keep it light and simple. Or red wine vinegar with fresh crushed garlic and a little Dijon mustard for depth of flavour.

Here's a tip:

- Make a quick dressing in the bottom of your dry clean salad bowl.
- Put your vinegar and seasonings in the bowl first, then slowly drizzle in oil while beating with a whisk.
- Then add all your prepared salad ingredients and gently toss the salad through the dressing, reaching to the bottom of the bowl with each toss.

