



Italian Dressing



Recipe from thekitchn.com

Ingredients



- 1 cup neutral salad oil, such as canola
 - 1/4 cup white vinegar
 - 2 Tbsp. red wine vinegar
 - 1 large garlic clove, pressed
 - 2 Tbsp. finely chopped onion
 - 2 Tbsp. finely chopped red bell pepper
 - 2 tsp. Dijon mustard
 - 1 tsp. honey
 - 1 tsp. kosher salt, plus more to taste
 - 1/4 tsp. dried oregano
 - 1/4 tsp. dried basil
 - Pinch of red pepper flakes
 - Freshly ground black pepper, to taste
- Yield: 1 1/2 cups
Serving Size: 1 Tbsp.



Directions



Whisk all ingredients together in large bowl. Serve and enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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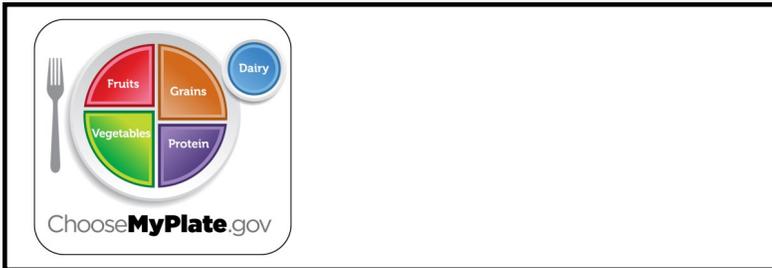
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Fast Facts



Featured Food Groups



Cooking Tips

- Use a pinch of cayenne pepper instead of red pepper flakes.
- Rather than whisking all ingredients in a bowl, combine all ingredients in a jar with a tight-fitting lid. Shake vigorously until the mixture is thickened and well-combined.
- This dressing will keep in the refrigerator for several weeks.

Nutrition Facts



Nutrition Facts

8 servings per container

Serving size 1 Tablespoon

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

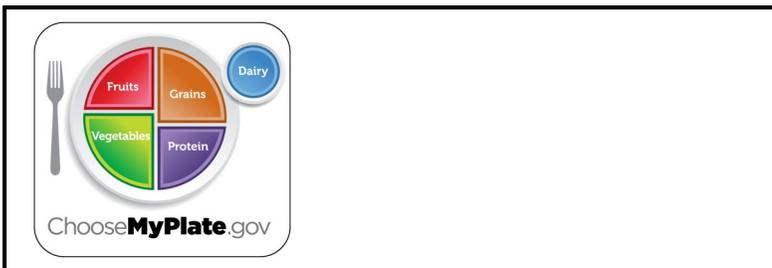
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