



# Italian Dressing



Recipe from the kitchn.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



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

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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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.

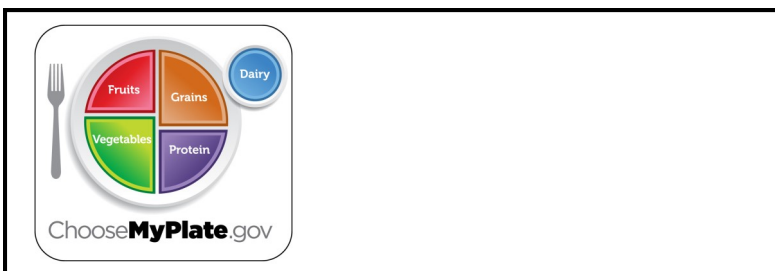
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