

# Italian Dressing

## Ingredients

2/3 cup olive oil

1/4 cup red wine vinegar

2 tablespoons lemon juice

1 finely minced garlic clove

1 tablespoon shallot, finely minced

1 teaspoon maple or honey (optional- see notes)

1 teaspoon Italian seasoning (or dried oregano, dried rosemary, or dried thyme)

2 tablespoons fresh basil, chopped ( or sub Italian Parsley)

1/2 tsp salt

1/2 tsp pepper

pinch chili flakes (optional)

## Method

Place all ingredients in a medium bowl and whisk.

Store in a sealed jar in the fridge for 7-10 days and shake before using.

Use on leafy green salads, bean salads, antipasto salad, pasta salads, grain salads or as a quick marinade for grilled chicken.

## Notes

Low-carb? If leaving out the maple or honey, use slightly less vinegar and add a teaspoon of dijon mustard.

If dressing tastes overly bitter, check your olive oil– some brands are quite bitter and will affect the flavor here

