



## Fast & Easy Salad Dressing

You know the feeling. You're rooting around the fridge for something and you run across some salad dressing that you can't remember the purchase date. Why not make your own? It's easy, you make as much or little as you want, and it tastes better than the store-bought stuff. Give it a try and experiment.

### Ingredients

1 tsp finely chopped Sage  
1 tsp finely chopped Rosemary  
1 tsp finely chopped Thyme  
1 tsp finely chopped Oregano  
1 tsp finely chopped Basil  
1 clove garlic minced  
1 T grated Parmesan cheese  
Juice and zest of ½ of a lemon  
½ tsp Salt  
½ tsp freshly ground black pepper  
1-2 tsp white wine vinegar (or vinegar of your choice)  
3 T Extra Virgin Olive Oil

**Chop:** Finely chop the herbs and place in a 2-cup measuring cup. Mince the garlic and add to the herbs.

**Cheese it:** Finely grate a good Parmesan cheese. The powdery stuff that's already grated in a shaker won't be as good here. Add the cheese to the measuring cup.

**First acid:** Zest and juice half a lemon and add to the measuring cup.

**S&P:** Add the salt and pepper.

**Second acid and fat:** Add the vinegar and olive oil.

**Mix:** Mix with a fork or whisk until the cheese is fully incorporated. Then transfer to a container with a lid and shake.

**Serve:** Shake again before tossing with green based salad.

**Variations:** There are so many, so experiment with your own mixtures.

- Stinky cheese: Most common is blue cheese, I also love feta. In a small bowl, crumble cheese. Hit with an immersion blender and add olive oil until creamy. Substitute for the parmesan. You might need a bit more salt since you removed salt by removing the parmesan.
- Sweet: I'm not a fan of sweet dressings but a lot of people are. Consider adding 1-2 T of honey, brown sugar, or ketchup. If you like French or Thousand Islands, you might like this angle. You might also dial back the acid (lemon and/or vinegar) a bit.
- Creamy: Replace some of the olive oil with mayonnaise for a creamier texture.