

Balsamic Dressing

Yield: 2 side salads or 1 meal size salad

1 Tb balsamic vinegar or apple cider vinegar

3 Tb extra virgin, cold pressed olive oil

¼- ½ tsp celtic sea salt

- Mix the vinegar and salt together in a small bowl. Stir to dissolve the salt.
- Slowly pour in the olive oil, using a fork to whisk while you pour. The dressing will emulsify.

Tips for dressing salads: Be sure your greens are dry so the water doesn't dilute the dressing. Use a salad spinner or wrap in kitchen towels to dry. After placing the ingredients in the bowl, drizzle the dressing around the edge of the bowl and then gently mix to even distribute it. Use your hands instead of tongs to toss the greens. You just want the greens to have a light coating on them. Using your hands will let to feel how much dressing you need. Too much dressing makes your salad soggy. Usually 2 Tb for a side salad is enough. You can always add more.