

## step 1

Start with  
about 1/2  
cup oil



sesame oil

peanut oil

walnut oil

avocado oil

grapeseed oil

olive oil

## step 2

Whisk in  
1/4 cup  
acidic  
juice or  
vinegar

lemon

balsamic

champagne

orange

rice

mustard

honey

jam

ginger

## step 3

Sprinkle  
in flavor  
enhancers



garlic & shallot



sriracha



Know your environment.  
Protect your health.

ewg



tahini



fresh herb



soy sauce



# *Salad Dressing 101*

*Courtesy of  
Earthbound Farm Organic  
[ebfarm.com/organic-bound/salad-dressing-101](http://ebfarm.com/organic-bound/salad-dressing-101)*

Gorgeous greens. Crisp veggies. Maybe some beans, a few nuts or even some fruit. You've carefully chosen your salad ingredients for great flavor and texture. Now boost the *Wow* factor with homemade dressing. You might be surprised at how easy it is to make a super-fresh, delicious salad dressing to top it off.

All you need is a few minutes, a few pantry-friendly ingredients and a simple ratio — 2 parts oil to 1 part acidic vinegar or juice, plus any seasonings or flavorings you like (or just salt and pepper) — to whip up a homemade dressing that puts the bottle to shame. And you know everything that goes into it, so you'll have no surprises. (Except maybe how easy and tasty it is.)

Even the simplest dressing of all can be amazing if you layer the ingredients in the right order. Toss your salad with your favorite oil, then add some salt and pepper, then toss again. Finally, drizzle in a complementary vinegar or citrus juice and toss one last time. Delicious!

*Our friends at Earthbound Farm  
recommend using Kale Italia, Baby  
Spinach, Baby Arugula, or their Spring  
Mix for your green base!*

And remember to opt for organic whenever possible.