

Fresh 5-Ingredient Salad Dressing



TIPS:

1. This very quick & easy to make salad dressing requires only 5 ingredients: **fresh garlic** (see **About Fresh Garlic** in Tip 2 below), **black pepper**, **mustard**, **vinegar**, and **oil**. All you need for equipment is a teaspoon and a 16-ounce jar with a snug fitting lid (if you don't have a jar, you can make the dressing in a measuring cup and stir it briskly with a fork instead).

2. **Low Salt/Low Sugar:** The small amount of **salt and sugar** in this recipe come from **mustard** (and **vinegar**, if you use **balsamic vinegar** as shown below), which therefore makes the dressing low in both sodium and sugar, though please check the ingredients you use to make sure they comply safely if you are on a sodium and/or sugar restricted diet.

3. **About Fresh Garlic:** Freshly chopped garlic makes all the difference in this quick & easy salad dressing that goes great on just about any salad you can imagine. **When buying garlic**, choose those bulbs that are heavier and firmer to the touch when squeezed gently between your thumb and first two fingers as shown below. Also, avoid garlic bulbs that have started to sprout green shoots or show signs of dark colored mold on or under the bulb's papery white skin. Finally, select garlic bulbs with bigger garlic cloves as bigger cloves are a lot easier to peel and chop than smaller cloves.



4. **About Vinegar:** You'll see in the ingredients list and picture below that I'm using a combination of apple cider and balsamic vinegar in this recipe. Here's a quick comparison of commonly used vinegars. **Red wine vinegar** and **white wine vinegar** are most sour. **Apple cider vinegar** and **rice wine vinegar** are medium sour. **Balsamic vinegar** (my favorite) and **fruit flavored vinegars** are mildly sour and robustly flavorful with even a hint of sweetness to them.

Preparation Time: 5-7 minutes

Ingredients

(to make 2 cups or 16 ounces of dressing)

3-4 Garlic Cloves

1 Tablespoon Mustard (I'm using Dijon mustard, but any mustard will work)

8 Ounces Olive, Vegetable, or Canola Oil

8 Ounces Vinegar (I'm using a combination of apple cider vinegar and balsamic vinegar)

1/2 - 1 Teaspoon Ground Black Pepper



Equipment

16-Ounce Jar with Lid (I like using an empty mustard jar but any jar will work)

Tablespoon

Teaspoon

Large Sharp (Chef's) Knife

Cutting Board



1. Remove **3-4 garlic cloves** from a **garlic bulb**.



Put the **garlic cloves** on the cutting board and cover them, one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open as shown in the third photo below.



Peel the **garlic skin**. Then hold the **garlic cloves** to the cutting board with curled fingers with the side of a wide bladed knife rubbed against your knuckles while cutting the **garlic** into thin slices.



Finish by chopping the **garlic slices** in cross section into **smaller pieces** about as shown here.



Put the **chopped garlic** into a 16-ounce jar.



2. Add **1/2 - 1 teaspoon of ground black pepper** and **1 tablespoon of mustard**.



3. Fill *half the jar* with **vinegar** (I'm using a combination of **apple cider vinegar** and **balsamic vinegar**).



apple cider
vinegar



balsamic
vinegar

4. Fill the rest of jar with **olive, vegetable, or canola oil** making sure to leave enough air space room at the top of the jar so that the **dressing** can be shaken as shown in the insert picture below.



5. Screw the lid snugly on the jar top,...



...hold the jar with two hands and shake

vigorously over the sink (in case the jar leaks) for about 10 seconds so that...



...the **salad dressing** looks like this.

