Instant 5-Ingredient Salad Dressing

TIPS:

1. This very quick & easy to make salad dressing requires only 5 ingredients (garlic powder, black pepper, mustard, vinegar, and oil), 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 comes from mustard vinegar (and 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 Vinegar: I’m using a combination of apple cider and balsamic vinegar in this recipe. Here’s a quick comparison of commonly found vinegars. Red wine vinegar and white wine vinegar are most sour. Apple cider vinegar and rice vinegar are medium sour with a slightly sweet flavor. Balsamic vinegar – my favorite – has a robust sweet and sour flavor.

Preparation Time: 5 minutes or less

Needed
(to make 2 cups or 16 ounces of dressing)

1 1/2 Teaspoons Garlic Powder
1/2 - 1 Teaspoon Ground Black Pepper
3 Teaspoons Mustard (3 teaspoons is also the same as 1 tablespoon)
8 Ounces Vinegar (see ABOUT VINEGAR above)
8 Ounces Olive, Vegetable, or Canola Oil
Teaspoon
16-Ounce Jar with a Snug Fitting Lid (or use a measuring cup and fork if you don’t have a jar)

1. Add the following to a 16-ounce jar (or measuring cup if you don’t have a jar):
1 1/2 teaspoons garlic powder

1/2 - 1 teaspoon ground black pepper
3 teaspoons (or 1 tablespoon) mustard

about 8 ounces vinegar (I’m filling the jar halfway full using a combination of apple cider vinegar and balsamic vinegar)
about 8 ounces olive (or other) oil
(I’m filling the jar the rest of the way full with olive oil making sure to leave air space at the top of the jar so that I can shake the dressing)

2. Screw the lid on the jar snuggly (or stir the dressing vigorously with a fork if you’re using a measuring cup).
Hold the jar securely with both hands and shake the dressing vigorously for 10-15 seconds, preferably over the sink in case the jar leaks, until the ingredients are completely mixed together...

...like this.