

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** (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 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 **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 snugly (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.

