

Personalized Homemade Salad Dressing

Makes 21 servings.

Each serving (about 1 Tbsp.) has 90 calories, 10 grams (g) of fat, 0 g of carbohydrate, 0 g of protein and 115 milligrams of sodium..

1 c. oil (canola, sunflower, olive oil, etc.)

1/3 c. acid (red wine vinegar, balsamic vinegar, etc.)

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. salt

1/2 tsp. ground black pepper

Optional ingredients (sugar; mustard; chopped peaches; minced onions; chopped red, green or orange peppers)

Whisk together all ingredients or place in a covered glass jar and shake. Serve over mixed greens and chopped vegetables. Store unused salad dressing in the refrigerator.