

Black Pepper and Balsamic Vinaigrette

It is time for salad season! So get your favorite salad dressings ready for all of our yummy salad mixes and greens. I read food labels and I am picky about oils since some are very good for you and some are not. Salad dressings are packed with oils and fats so they are great way to get healthy oils into the body, but be careful what is in store bought dressings. The front of the label might say made with extra virgin olive oil, but if you read the back label you will see there is small part olive oil and then the rest is filled in with refined oils that you should avoid. The best way to have a tasty and healthy salad dressing is to make your own. It's easy and fun!

Ingredients:

Extra virgin olive oil

Balsamic vinaigrette

Black pepper

Sea salt

1 tsp paprika

Fresh herbs (ie. Oregano, chives, thyme, rosemary, sage, etc..) Use any you like, chop them up to get about 1 Tbs full.

1 clove of garlic crushed

Apple juice

The quickest and easiest way to make this salad dressing is to not measure anything and just pour it all in. The way I do it is I use a glass jar or an old salad dressing bottle that has been washed. Fill it $\frac{1}{4}$ high with olive oil, another $\frac{1}{4}$ way up with balsamic vinegar, another $\frac{1}{4}$ way up with apple juice. Add the crushed garlic, fresh herbs, add the paprika, about $\frac{1}{2}$ tsp salt, and 1 tsp black pepper. Put a top on the jar or bottle and shake well. Taste then add more salt or pepper if needed. Store in the refrigerator for up to 2 weeks.