

ITALIAN-STYLE DRESSING

Culinary Intro:	This salad dressing tastes so much better than the bottled version at the grocery store. It tastes best when prepared ahead of time.
Nutrition Intro:	The type and amount of salad dressing we add to greens can make or break a salad. This Italian-Style dressing offers lots of flavor and a combination of good-for-you ingredients.

Prep time: 10 minutes
Ingredients for 6 servings
Each serving= 2 Tablespoons
Cost per serving=\$0.22

- ¼ cup balsamic or white wine vinegar
- ½ cup extra virgin olive oil
- 1 clove garlic, minced
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- pinch onion granules or powder
- pinch salt (optional)
- freshly ground black pepper

Steps:

1. Add all ingredients into a sealable container. A mason jar works best. Seal and shake vigorously to combine.
2. Store and use within 7 days of preparing.

Nutrition Facts	
Serving Size 2 Tablespoons (29g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Culinary/ Nutrition Notes for Demo:

Culinary:

- dried herbs are a great addition to any pantry
- dried herbs will lose their taste as they sit, so purchase as much as needed and store in an airtight container in a cool, dark place
- if using fresh herbs, double the amount of chopped basil and oregano
- other vinegars such as white wine vinegar, or salad vinegar would be appropriate options
- if you find the dressing too sharp or acidic, try adding 1 teaspoon of honey to soften the flavors

Nutrition:

- The herbs and spices in the vinaigrette enhance its flavor. Try using more herbs and spices and less salt as a strategy to cut on salt intake while enjoying flavorful meals.
- Olive oil is derived from the olive fruit, and mostly produced in Mediterranean countries such as Italy, Spain and Greece.
- The process of making extra-virgin olive oil is usually done without the addition of heat or chemicals, as a result, most of the nutrients and healthful fats from the olive are kept intact.
- Although different fats behave differently in the body, all fats contain the same amount of calories.
- The recommended portion size for this salad dressing is 2 Tablespoons.
- When it comes to cooking, different oils have different smoke points. A smoke point is the temperature at which the oil will start to smoke, breakdown, and lose its nutritional value.
- Olive oil is good for cooking, its smoke point is approximately 207C, however it is not a good oil for frying or reheating.

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Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

Store the dressing in the refrigerator. The oil may solidify, so remove from the refrigerator and allow to come to room temperature for easy pouring.

This dressing can be used to marinate chicken or pork. It can also be used as a finishing sauce for steamed veggies or poached fish.

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. 1 mason jar 5. garlic press (optional) 6. mise en place bowls 7. silicone spatula 8. measuring cups 9. measuring spoons 10. paper plates/ cups/ soufflé cups 11. paper towels 12. tablecloth 13. kitchen towel 14. gloves 15. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 clove garlic
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> extra virgin olive oil <input type="checkbox"/> salt black pepper <input type="checkbox"/> onion powder <input type="checkbox"/> dried basil <input type="checkbox"/> dried oregano
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, forks, napkins

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour