

ITALIAN DRESSING

SUPPLIES & INGREDIENTS

- 1/2 cup** vegetable oil
- 1/4 cup** white wine vinegar OR red wine vinegar
- 2 tablespoons** water
- 1 to 2 teaspoons** honey
- 1 teaspoon** lemon juice
- 3 tablespoons** Parmesan cheese
- 3/4 teaspoon** garlic salt
- 3/4 teaspoon** dried parsley
- 3/4 teaspoon** dried basil
- 1/8 teaspoon** dried oregano
- Pinch of red pepper flakes
- Ground black pepper, to taste

DIRECTIONS

1. Measure all ingredients into a jar with a tight-fitting lid.
2. Shake vigorously until well-blended and emulsified.
3. Taste and adjust seasonings, adding more salt and pepper if necessary. (You could whisk ingredients together in a bowl, process ingredients in a mini food processor, or blend them in a blender.)
4. Store leftovers in a sealed container in the refrigerator; allow to come to room temperature and shake well before using on your salad.

Farmers plant soybeans in the spring.



Farmers harvest the soybeans in the fall.



Soybeans are then processed to make oil that is used in salad dressing.

