

## Salad Dressing Shake Up

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Have you ever sprinkled sugar over your salad? Probably not, but as it turns out food companies have already done it for you!

Dressings can have up to a whopping **2 teaspoons of sugar** in just 2 tablespoons- that's 1/3 of your recommended sugar for the entire day. Wouldn't you rather spend your sugar budget elsewhere?! I know I would!

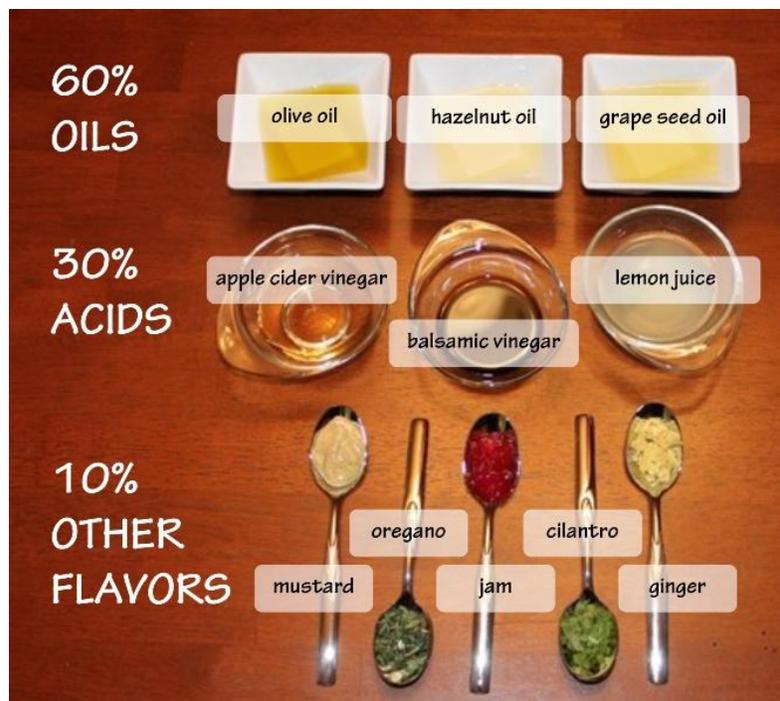
If you missed our last post, [Hidden in Plain Sight](#), check it out to learn other sneaky places sugar is hiding in our food supply.

### Salad Dressing Basics

If you stop and really read the nutrition label on salad dressings, you'll quickly realize that they can be land mines for your healthy diet- loaded with fat, sugar, and preservatives. Not to mention their ingredient lists are often a mile long with words that most of us can't come close to pronouncing.

By making your own salad dressing, you control the quality (and quantity) of ingredients. Whether you prefer the creamy stuff or lighter vinaigrettes, you can whip up your own dressing in a matter of minutes with a few simple ingredients.

To make your own vinaigrette, follow the base recipe below. Experiment with different oil, vinegar, and seasoning combinations; the options truly are endless!!



### Pour Over these Dressing Tips

- Start with room temperature ingredients. The cooler the oil is, the harder it is to successfully make an emulsion.
- A standard vinaigrette ratio is 2 parts oil to 1 part acid. However, that ratio isn't mandatory so taste as you go and adjust according to your taste preferences.
- To test the flavor of your dressing, dip a piece of lettuce in the dressing, shake off the excess and take a bite. This is a much better way to gauge how your salad will taste than by tasting the dressing alone.
- Store dressing in a covered container in the fridge for up to a week. Whisk or shake well before serving.
- Check out [this post from Cooksmarts](#) for a printable list of 50 simple salads organized by season. With your base dressing recipe and these salad ideas, you'll never get tired of salads again!