



Recipe for Salad Vinaigrette

Materials needed: *small bowl, a fork, a tablespoon, a teaspoon, and a half teaspoon (if using lemon: a cutting board, knife, lemon squeezer)*

Ingredients needed: *olive oil (or canola oil), balsamic vinegar (or red wine vinegar or lemon juice), dried herb seasoning (mural of flavor or green goddess), salt, pepper, seeds (sunflower or pumpkin)*

1. Measure one tablespoon of oil into a small bowl
2. Measure one teaspoon of vinegar (balsamic or red wine) OR lemon juice. Cut your lemon in half and squeeze to measure out one teaspoon.
3. Sprinkle in dried herbs, like mural of flavor or green goddess
4. Sprinkle in salt and/or pepper
5. Measure in one ½ teaspoon of seeds, like pumpkin or sunflower seed kernels
6. Use a fork to mix together
7. Pour the vinaigrette over your salad greens
8. Eat and enjoy!