

# Meals from Your Market

## Herbal Salad Dressings

Finely chop herbs and infuse in olive oil for approximately two Weeks. While infusing herbs - keep in a cool, dark place and shake or stir every 2-3 days. Add vinegar to herbal infused oil, shake or stir briskly

## White Wine Vinegar or Oil

- 1 cup of olive oil or vinegar
- 5 teaspoons of fresh herb or dried herbs or 5 teas

Combine the following in vinegar or olive oil:

- |                         |                                     |
|-------------------------|-------------------------------------|
| • Lavender and rosemary | • Dill and lemon balm               |
| • Basil                 | • Oregano, rosemary, thyme and dill |
| • Chive blossom         | • Basil, oregano, rosemary, chives  |

*Continued on back*



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### **Red Wine Vinegar or Oil**

Combine the following in vinegar or olive oil

- Basil, sage, rosemary, oregano
- Parsley, cilantro, chives, thyme
- Dill, thyme, mint

**To create dressing, combine:**

- 1 cup of olive oil with infused herbs
- 1/4 cup of vinegar (white wine, red wine, or apple cider vinegar)



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