

Homemade Italian Dressing

Ingredients:

- 1/2 teaspoon garlic powder,
minced
- 1 teaspoon Italian seasoning
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon black pepper
- 1/2 teaspoon celery salt
- 1/2 cup vinegar
- 1/4 cup olive oil
- 1/2 cup water

Equipment:

- Measuring cups
- Measuring spoons
- Jar with tight fitting lid

- Number of Servings: 8
- Prep Time: 5 minutes
- Total Time: 5 minutes

Directions

1. Combine all ingredients in a pint sized jar with tight fitting lid.
2. Shake vigorously to blend ingredients.
3. Store refrigerated.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 2 tablespoons
 Servings: 8

Amount Per Serving		Calories from Fat 63	
		%Daily Value*	
Calories 66			
Total Fat 7g			11%
Saturated Fat 1g			5%
Cholesterol trace mg			0%
Sodium 111mg			5%
Potassium 18mg			1%
Total Carbohydrate 1g			0%
Dietary Fiber trace g			0%
Protein trace g			1%
Vitamin A 0%	Vitamin C 0%		
Iron 1%	Calcium 1%		

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.