



Dressing - Basic

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	olive or vegetable oil	350 mL
⅔ cup	lemon juice	150 mL
2 tbsp	maple syrup	30 mL
½ tsp	salt	2 mL
Optional:	cider or balsamic vinegar instead of lemon juice garlic or shallots, minced mustard herbs, fresh or dried pepper	

Instructions

1. Whisk all ingredients in small bowl.
2. Toss with salad just prior to serving.

Note: Adding mustard prevents separation of the dressing.

Nutrition Information

Serving 10 g (2 tsp)

Calories 60
Fat 7 g
Saturated 0.5 g
+ Trans 0 g
Sodium 10 mg
Carbohydrates 1 g
Fibre 0 g
Sugars 0 g
Protein 0 g
Calcium 0 mg
Iron 0 mg

Food Guide Servings

Does not contribute
towards Food Guide
Servings