



Dressing - Greek

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	olive oil	350 mL
¾ cup	lemon juice	150 mL
2 cloves	garlic	2 cloves
2 tbsp	basil	30 mL
2 tsp	thyme	10 mL
2 tsp	oregano	10 mL
2 tbsp	maple syrup	30 mL
½ tsp	salt	2 mL
Optional:	mustard	
	pepper	

Instructions

1. Combine all ingredients and process with immersion blender.
2. Refrigerate until ready to serve.

Note: Adding mustard prevents separation of the dressing.

Nutrition Information

Serving 10 g (2 tsp)

Calories 70

Fat 7 g

Saturated 1 g

+ Trans 0 g

Sodium 10 mg

Carbohydrates 1 g

Fibre 0 g

Sugars 0 g

Protein 0 g

Calcium 10 mg

Iron 0.2 mg

Food Guide Servings

Does not contribute
towards Food Guide
Servings