

Garlic and Balsamic Salad Dressing



Getting Started

Preparation time: – 2 minutes

Cooking Time: – none

Oven Temperature: – none

Ingredients

3 parts olive oil (extra virgin, cold pressed)

1 part balsamic vinegar or balsamic glaze

1 small garlic clove, crushed

salt and pepper to taste

Method

Mix all ingredients together in a small container and shake.

Pour over salad.



Salad suggestion

Baby spinach or a salad leaf mix

Half an avocado sliced

1 small carrot, julienne sliced

½ a Lebanese cucumber, diced

¼ of a red capsicum, sliced

A handful of pepitas

A handful of walnuts, roughly chopped

Some marinated goats fetta, chopped

Olives

Optional Extra Protein

1-2 boiled eggs, chopped, ham off the bone, sliced into strips, 2-3 chicken tenderloins cooked to your liking, a tin of tuna or a couple slices of smoked salmon