



My favorite salad dressing recipe.

This is not a super “pure” recipe but it’s a go to for me. We eat a LOT of salad, so a good dressing and lots of it is mandatory for me to have on hand.

What this really is-is Good Season’s Salad Dressing Mix (Italian) but made with an oil substitute. I buy the box of 4 packets and make them all up at the same time. I use an old ketchup bottle to store it in. I also use balsamic vinegar, sometimes just your basic grocery store brand balsamic, sometimes I use half a higher quality balsamic from the specialty store. (it isn’t necessary but they are delish-I use just half to save \$\$ as the fancy vinegars are pricier.

Oil Substitute (I call it “N’Oil” i.e. not oil, even though it’s a weird sounding word!)

For every cup of “oil”

1 Tbsp cornstarch or arrowroot powder

1 Cup plus a little more water (once it thickens, it seems to make a little less than a cup if you don’t put the extra in, just a Tbsp or two).

Combine these in a sauce pan and whisk together as you cook over medium heat until it thickens. Whisk almost constantly as it goes from not done to done quickly.

You could use this as an oil substitute in any dressing recipe!

I don’t use it as a substitute in baking though.