

# Get Your Drizzle On ~ 5 Simple Dressings or Marinades



Add to salads, slaws, meats or veggies. Or marinade your meat for a few hours or use immediately when roasting in oven.

The key to a good dressing or marinade is mastering the ratio of oil, acidity/vinegar and spices. Did your grandparents have one of those old-fashioned cruetts that has the lines on it? It's the same principle. Typically, the ratio is 3 parts oil to 1 part vinegar, but I say that you can do this to your taste and preference.

## *oil + vinegar + spice = deliciousness*

For each of the blends below, start with pouring your oil into a measuring cup. Don't worry about the amount so much, as it really depends on how you're going to use it. If you're making a slaw and are serving your family, use more ingredients. If you're whipping up a small salad for lunch, use a little less.

For example, for a family serving, start with 1/2 cup of oil. For a small salad, perhaps 1/4 cup.

Read these directions carefully, as this is very complicated (#justkidding)!

Pour oil in first. Then add your vinegar or lemon juice, start with a splash because you can always add more. Next add spices and salt and pepper to taste. Stir with a fork. Add more stuff, based on what your tongue says. Drizzle and enjoy!!!

### *Siesta Fun*

Avocado oil  
Apple cider vinegar  
Cumin  
Chili Powder  
S & P  
~ add Smoked Paprika and Chipotle powder for smoky flavor  
~ great for cabbage slaws or taco salad  
~ pour over chicken before cooking in the oven; makes great taco meat and don't be afraid to add more spices for more flavor... duh!

### *Wingy and Creamy*

Avocado Oil  
Apple Cider Vinegar  
Splash or more of Buffalo Wing Sauce  
Mashed Avocado  
Cayenne Pepper  
S & P  
~ mash the avocado first, then add in other ingredients  
~ this is great if you want a creamy slaw, add a bit of water to thin it out  
~ great topping for a white fish

### *Ooohhh La La Blend*

Avocado Oil  
Balsamic Vinegar  
Dollop of Dijon Mustard  
Thyme  
Rosemary  
Garlic Powder  
S & P  
~ perfect for a savory salad with leafy greens  
~ great with pork chops or pork tenderloin  
~ if you don't have the above spices, just use Mrs. Dash  
~ wear a beret and talk with a French accent while preparing and it will taste even better

### *Red, Red Wine Vinegar Blend*

Avocado Oil or Extra Virgin Olive Oil  
Red Wine Vinegar  
Cajun spice blend  
S & P  
~ think of salad with some grilled shrimp or steak topped with shredded cheddar  
~ as the Cajun's say... "Pshaw, ain't nuttin' to it!" But dat sure taste good!

### *Simple & Classic Blend*

Extra Virgin Olive Oil  
Lemon Juice  
Splash of water  
Oregano  
S & P  
~ goes well with a chopped salad or put on tuna  
~ complements any dish that has Mediterranean flavor

If you do one thing after reading this, I hope you pick up some spices next time you're at the store. Don't get the pre-made mixes in packages because those often have fillers and added ingredients, plus why waste money on something you'll use one-time.

Add a few spices and spice blends to your cabinet, and you'll be doing the *Happy Flavor Dance!!*