

MARMALADE-YOGURT SALAD DRESSING

Prep Time: 10 minutes
Makes 5 (60 mL) servings

Ingredients

1 clove garlic, finely minced
2 mL (½ teaspoon) salt
45 mL (3 Tablespoons) extra virgin olive oil
180 mL (¾ cup) plain yogurt (unflavoured, any brand)
Juice from 1 fresh lemon (about 45 mL/ 4 Tablespoons if using bottled lemon juice)
45 mL (3 Tablespoons) orange marmalade
1 mL (¼ teaspoon) black pepper

Instructions

Using a shaker bottle with a lid or a small bowl with a spoon – combine all ingredients together until smooth.

Pour over your favourite salad greens, or use as a dip for cucumber, pepper strips, or other vegetables.

Store in a tightly-sealed jar or container in the fridge for up to 5 days.



Sweet and creamy and garlicky and peppery - everything you want a salad dressing to be!

Adding some fat/oil onto your vegetables (i.e. with this dressing) helps your body absorb more vitamin A & E from your veggies.



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