

# *Growing Great*

## **Mustard Vinaigrette**

2 Garlic Cloves

1/3 cup of olive oil

1 lemon

1 tbsp of Dijon Mustard

¼ tsp table salt

Jar with a screw on lid

- Measure 1/3 cup of Olive oil and add it to the jar.
- Cut lemon in half. Press juice from ½ of lemon and pour it into the jar.
- Press juice from the other ½ of lemon and pour it into the jar.
- Add 1 Tbsp of Dijon mustard to the jar.
- Press 1 clove of garlic into the jar. Scrape off the pulp on the edges of the jar so all the garlic gets into the jar.
- Do the same thing with the second garlic clove.
- Measure and add salt to the jar.
- Put the lid on TIGHTLY and shake the jar hard (each student can take a turn doing this).
- Pour the dressing over the salad and toss lightly.