

Lemon Basil Dressing

Recipe by Amber Share of www.EatLikeAthena.com

juice and zest of 1 lemon

1/4 tsp fine sea salt

1/4 tsp dijon mustard

2 cubes or 2 scant tsp fresh chopped basil *see note below

extra virgin olive oil

1 jar with a lid

Wash and dry the lemon. Zest it and put the zest into the jar. Add the juice and salt. Swirl until the salt is dissolved. Add the dijon and basil cubes. Cover and shake until all is incorporated. If the basil is still frozen let it sit for 10 minutes then try again. Add 3x the amount of oil as there is juice in the jar. Cover, shake well. Unused portions can be stored, covered in the fridge for 5 days.

The ratio of oil to acid in salad dressing is 3:1 so you can always follow this rule when you're making your own dressings.

This dressing would also be good with 1 tsp tarragon or 2 tsp oregano instead of the basil.

*frozen basil cubes are available at many super markets (Trader Joe's). They are inexpensive, available year round and the flavor is much better than dried basil. 1 cube = 1 tsp