



Lemon Garlic Salad Dressing (With Variations)

Prep: 10 mins

Cook: 0 mins

Total: 10 mins

Servings: 3 servings

Nutritional Guidelines (per serving)

131	14g	2g	1g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)



71 RATINGS

Try this simple, flavorful [salad dressing](#), and you may never buy bottled dressing again. Lemon and garlic bring a lot of zing to plain lettuce, but feel free to add whatever veggies you like. Dress it up with one of our suggestions in the recipe variations section. This homemade dressing should be kept refrigerated and is best used within five days of making it.

Note that this recipe makes enough [vinaigrette-style dressing](#) for 4 to 6 cups of lettuce or other salad greens. You can double, triple, or even quadruple it for larger salads or to have some on hand for salads over a few days.

Ingredients

- 1 small clove garlic
- 1 tablespoon [fresh lemon juice](#)
- 1/2 teaspoon finely grated [lemon zest](#), optional
- 1/2 teaspoon sea salt, more to taste
- 1/4 teaspoon freshly ground black pepper, more to taste
- 1/4 teaspoon ground mustard
- 2 to 3 tablespoons extra-virgin olive oil, or [lemon-infused olive oil](#)
- 3 ounces salad greens

Steps to Make It

- 01 Gather the ingredients.
- 02 Peel and mince the garlic (you can use a [garlic press](#) if you like; presses tend to bring out the bitterness in garlic, but some people don't seem to notice it).
- 03 If you're making a salad in the next few hours, put the garlic in a large salad bowl. (If you're making the dressing ahead of time, put the garlic in a sealable jar.)
- 04 Add the lemon juice, lemon zest, salt, pepper, and mustard. Whisk to combine everything (or seal and shake the jar).
- 05 Whisk in the olive oil (or, again, seal the jar and shake it vigorously).

- 06 Taste and adjust salt and pepper to taste. If the dressing is too zingy for you, feel free to add more olive oil to soften the flavor. A bit more salt will help temper the acid kick, too.
- 07 Use the vinaigrette-style dressing immediately. If you've made the dressing in the salad bowl, just add the greens to that big bowl and toss.

Tips

- Zest the lemon before cutting it in half to juice it.
- Make the dressing for a salad later that day in the bowl, top with washed and dried greens, and lay a damp (but not wet) paper towel over the leaves. Keep chilled until ready to serve, up to 6 or 8 hours.
- Store covered and chilled for up to one week. The olive oil will solidify in the refrigerator, but it will melt quite quickly when set out at room temperature again.

Recipe Variations

- Add 1 or 2 tablespoons of fresh minced herbs—parsley, mint, chervil, or dill are excellent choices.
- Use walnut oil or avocado oil instead of olive oil.
- Tone down the lemon flavor by leaving out the lemon zest or mix up the flavor with a bit of orange zest.
- Punch things up by using 1/2 teaspoon Dijon mustard instead of the ground mustard.

Recipe Tags:

Dressing

Lemon Dressing

Garlic Dressing

Vinaigrette