



More **Healthy.**  
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## Farm to Table Kids Lemon & Herb Salad Dressing

### Ingredients

- ½ cup olive oil
- 2 medium lemons
- 2 garlic cloves or 3 garlic scales
- 5-6 sprigs of your favorite herbs (thyme, rosemary, dill, parsley etc.)
  - You can use dried herbs too for a total of about 1-2 teaspoons
- Salt & pepper to taste (about 1/8 teaspoon of each)

### To Make Dressing

1. **Juice** the lemon
2. **Mince** the garlic or garlic scapes
3. **Whisk** all the ingredients until well combined, about 2-3 minutes. Or, put in a mason jar and have kids shake for 2 minutes.
4. **Pour** on salad....and **Enjoy!**

Can store in refrigerator for up to 2 weeks



MaineHealth

**LET'S GO!**

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