



A Recipe from the

Courtesy of Jamie Oliver

Jam Jar Dressings

<p>For French dressing ¼ clove garlic 1 teaspoon Dijon mustard 2 tablespoons white or red wine vinegar 6 tablespoons extra virgin olive oil 1 pinch sea salt 1 pinch freshly ground black pepper</p>	<p>French dressing: Peel and finely chop ¼ of a clove of garlic · Put the garlic, 1 teaspoon of Dijon mustard, 2 tablespoons of white or red wine vinegar and 6 tablespoons of extra virgin olive oil into a jam jar with a pinch of sea salt and freshly ground black pepper · Put the lid on the jar and shake well</p>
<p>For yoghurt dressing 1/3 cup natural yoghurt 2 tablespoons white or red wine vinegar 1 tablespoon extra virgin olive oil 1 pinch sea salt 1 pinch freshly ground black pepper</p>	<p>Yoghurt dressing: Put 1/3 cup of natural yoghurt, 2 tablespoons of white or red wine vinegar and 1 tablespoon of extra virgin olive oil into a jam jar with a pinch of sea salt and freshly ground black pepper · Put the lid on the jar and shake well</p>
<p>For lemon dressing 6 tablespoons extra virgin olive oil 1 pinch sea salt 1 pinch freshly ground black pepper juice of 1 lemon</p>	<p>Lemon Dressing Put 6 tablespoons of extra virgin olive oil into a jam jar with a pinch of sea salt and freshly ground black pepper · Squeeze in the juice of 1 lemon · Put the lid on the jar and shake well</p>
<p>For balsamic dressing 6 tablespoons extra virgin olive oil 2 tablespoons balsamic vinegar 1 pinch sea salt 1 pinch freshly ground black pepper</p>	<p>Balsamic dressing: Put 6 tablespoons of extra virgin olive oil and 2 tablespoons of balsamic vinegar into a jam jar with a pinch of sea salt and freshly ground black pepper · Put the lid on the jar and shake well</p>

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