

Facebook Live Lesson: Salad Dressings

Join us Thursday, 4/30 at 1:00pm CDT [Facebook.com/FoodRightInc](https://www.facebook.com/FoodRightInc)
or search @FoodRightInc on FB

Join us on Thursday, 4/30 on Facebook Live to harvest the microgreens we planted last week and to learn how to make delicious salad dressings to go on top! Don't worry if you aren't ready to harvest or don't have microgreens--any salad greens will do. Go to [Facebook.com/FoodRightInc](https://www.facebook.com/FoodRightInc) at 1pm CDT and scroll down the page past the pictures and events and we'll be there. If you do not see it, try refreshing the page or waiting a few minutes. We will also post the lesson to our page once we are done.

Bring these things to the lesson:

Cooking Equipment

- Scissors
- Measuring spoons
- Liquid measuring cup
- Copy of the recipe; go to [foodright.org/recipes](https://www.foodright.org/recipes)
- Whisk or fork
- 2 Medium mixing bowls
- Cutting board
- Knife

Lemon Vinaigrette Ingredients (White Bean Tossed Salad)

- ½ of a lemon
- 3 Tbsp olive oil
- 1 pinch sugar
- ½ tsp salt
- 2 pinches pepper

Ranch Dressing Ingredients

- 1 ½ Tbsp milk
- ½ of a lemon
- 1 ½ Tbsp sour cream
- 1 ½ Tbsp mayonnaise
- ¼ tsp salt
- ½ tsp Dijon mustard
- ¼ tsp onion powder
- A few sprigs fresh dill (can substitute with dry dill)
- A few sprigs fresh parsley (can substitute with dry parsley)
- 1 celery stalk

