

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE

MEDITERRANEAN STYLE ANTI-INFLAMMATORY SALAD DRESSING

### INGREDIENTS

- Zest & Juice of 2 Lemons
- 1 Tbsp Dijon Mustard
- 1 Grated Garlic Clove (or more to your liking)
- 1 Tsp Turmeric
- 1 Tsp Dried Oregano
- Kosher Salt & Fresh Black Pepper to Taste
- ¼ cup Olive Oil

**\*Optional\*** Add 2 Tbsp of Tahini if you want a more creamy consistency

## EQUIPMENT

Large Bowl

Sharp Knife for Slicing

Rasp or Grater

Lemon Juicer

## DIRECTIONS

Mix all ingredients for the dressing and customize the salad to your liking.

I'll do cucumber, tomato, olives, feta, red onion, bell peppers, and chickpeas (marinated in red wine vinegar, olive oil, garlic & chili pepper, I keep them in the fridge for snacking, they can be roasted too for a crunch factor).

It can be topped with additional protein if desired. I'll probably marinate a boneless skinless chicken in the dressing to go over the top the salad by making double the dressing.