

## Apple Cider Vinegar Dressing/Marinade

**Why I make this:** This marinade/dressing is so easy, tastes great and whips up in no time with ingredients I always have on hand. This recipe does one large fillet of salmon, 4 chicken breasts or a large salad.

### Ingredients

2 TBSP Apple Cider Vinegar  
2 TBSP Dijon Mustard  
3-4 TBSP Extra Virgin Olive Oil (EVOO)  
Black pepper

### Directions

In a mug, combine Dijon mustard and apple cider vinegar.

Crack a bunch of pepper (as desired) into the mug and mix with a fork.

Slowly drizzle in about 3-4 tablespoons of olive oil, whisking vigorously with your fork until the consistency is thick and creamy, and the taste is tangy.

**NOTES:** Use as a marinade for chicken or salmon/fish and as a salad dressing. Store in a mason jar in the fridge.

Double (or triple) the recipe depending on the size of your salmon fillet/number of chicken breasts and the amount of salad you are making. Just keep tasting to make sure it is balanced.