

Hot Pepper Vinaigrette

1/4 cup of oil (olive, avocado, or vegetable)

1/4 cup of apple cider vinegar

1 Tbs. fresh parsley, minced or 2 tsp. dried parsley

1/8 tsp salt

1/8 tsp. black pepper

1/8 tsp. hot pepper sauce

Mix all ingredients together in a jar with a tight-fitting lid. Shake well. If using dried parsley, let the dressing sit for 5 minutes, then shake again before serving.

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