

Cannabis Salad Dressing

A Bright, Savory Vinaigrette With Better Dose Control

Ready: ~10 min

Yield: ~18 tbsp

Infusion: Cannabis olive oil

Format: Savory, gluten-free

Why this recipe works

This vinaigrette is built for readers who want infused food to behave like food first. It uses a measured mix of cannabis-infused olive oil, acid, mustard, and aromatics, which makes it more transparent to portion than many sweet homemade edibles.

Ingredients and equipment

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| <ul style="list-style-type: none"> • 3 tbsp cannabis-infused olive oil • 3 tbsp extra-virgin olive oil • 2 tbsp lemon juice or champagne vinegar • 1 tsp Dijon mustard • 1 garlic clove, finely grated • 1 tbsp chopped shallot, optional | <ul style="list-style-type: none"> • 1 tsp honey or maple syrup, optional • 1/4 tsp kosher salt, then adjust • Fresh black pepper • 1 tsp chopped parsley, dill, or chives, optional • Small bowl or mason jar • Whisk or fork and measuring spoons |
|---|---|

Method

1. Combine lemon juice or vinegar, Dijon, garlic, shallot, salt, pepper, and optional honey or maple until smooth.
2. Add the infused olive oil and plain olive oil. Whisk steadily or shake in a jar until glossy and lightly thickened.
3. Taste on a lettuce leaf or cucumber slice. Adjust acid, salt, or sweetness. Use a measuring spoon when serving, especially the first time.

Dose example

If your infused olive oil is **10 mg THC per teaspoon** and you use **3 tablespoons infused oil**, that equals **9 teaspoons infused oil total**.

$10 \text{ mg} \times 9 \text{ teaspoons} = 90 \text{ mg THC in the full recipe}$

$90 \text{ mg total} / 18 \text{ tablespoons} = \text{about } 5 \text{ mg THC per tablespoon}$

Portion	Estimated THC	Real-life serving
2 tsp dressing	~3.3 mg	Cautious beginner test
1 tbsp dressing	~5 mg	Lightly dressed side salad
2 tbsp dressing	~10 mg	Generous main-salad serving

Safety note

All dosing numbers are estimates. Actual potency can vary based on flower labeling, decarboxylation, infusion efficiency, storage, mixing quality, meal timing, tolerance, metabolism, and gut motility. Start low, wait long enough, and label leftovers clearly.