

VAMP UP YOUR VINAIGRETTE

Making a homemade vinaigrette salad dressing is easy, delicious and much better for you than store bought ones.

- Once you know the basic technique and ingredient proportions you can make many variations.
- The classic vinaigrette uses a 1 to 3 ratio of vinegar (acid) to oil. A high quality oil like extra virgin olive oil actually promotes good health. By making a homemade dressing you can usually cut the sodium in half. If you want to cut calories a little you can use a 1 to 2 ratio of vinegar (acid) to oil.
- A house-made vinaigrette that is used to lightly toss (not drown) a salad or veggies is much better for you than a commercial fat-free dressing. When dressing your salad add one spoonful at a time, many people overdress their salads!

BUILDING A VINAIGRETTE GRID

VINEGAR/ACID	Balsamic, White Balsamic, Champagne, Sherry, Apple Cider, Red Wine, Citrus Juice (Lemon, Lime or Orange Juice)
OILS	Full Flavor Oils: Extra Virgin Olive Oil (EVOO), Virgin Olive Oil, Walnut, Almond, Neutral Flavor Oils: Canola, Grapeseed
SALTY	Kosher Salt, Dijon, Soy Sauce, Capers, Parmesan Cheese
AROMATICS	Garlic, Shallot, Ginger, Scallion, Fresh Chopped Herbs (Tarragon, Parsley, Cilantro, Thyme, Oregano)
SWEETNESS	Sugar, Honey, Agave, Maple Syrup, Pomegranate Molasses (also provides a sour taste)
BINDING	Ingredients that help bind a vinaigrette include Dijon, high quality Balsamic, cheese (such as parmesan or feta) and nuts

BASIC VINAIGRETTE

4 servings, 2 Tbsp each

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
191	20g	3g	2g	0g	0g	112mg

Ingredients

- 1 tsp Shallots, minced
- 1 tsp Garlic cloves, minced
- 2 tsp Thyme, fresh, chopped
- 2 tsp Dijon Mustard
- 6 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Apple Cider Vinegar
- 1 tsp Honey
- 1/8 tsp Salt
- 1/8 tsp Black Pepper

Directions

Preparation time = 5 minutes

1. Mince garlic and shallots, chop thyme. Add to small mixing bowl.
2. Add vinegar, honey and Dijon mustard to bowl and whisk together.
3. Very slowly drizzle in the oil a little at a time while whisking constantly, until all of the oil is added.
4. Taste. Adjust salt and pepper seasoning, if needed.

VARIATIONS

4 servings, 2 Tbsp each

Lemon Dijon Tarragon

- 2 Tablespoons fresh Lemon Juice
- 4 teaspoons Dijon Mustard
- 6 Tablespoons Extra Virgin Olive oil
- 2 teaspoons each minced Shallot, Tarragon
- 2 teaspoons Honey

Balsamic Basil Strawberry

- 2 Tablespoons high quality Balsamic Vinegar
- 4 Tablespoons finely chopped fresh Strawberries
- 6 Tablespoons Extra Virgin Olive oil
- 2 teaspoons each minced Shallot, fresh Basil

Mediterranean Vinaigrette

- 2 Tablespoons high quality Red Wine Vinegar
- 4 teaspoons Grainy Dijon
- 6 Tablespoons Extra Virgin Olive oil
- 4 Tablespoons finely chopped or pureed Roasted Red Pepper
- 2 teaspoons Capers, minced
- 2 teaspoons Oregano, fresh