

# Vinaigrette

1. Put ingredients in a jar, seal and shake. Or mix in a glass or stainless steel bowl with a fork or whisk. Add a pinch of salt and black pepper to taste.
2. Let stand 15 minutes to blend flavors.
3. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.

**Herb Vinaigrette:** Olive oil, lemon juice, oregano and basil, salt and pepper.

**Garlic Mustard Vinaigrette:** canola oil, red wine vinegar, Dijon mustard, minced garlic, honey, salt, and pepper.

**Italian Vinaigrette:** vegetable oil, white vinegar, Italian Seasoning.

**Citrus Vinaigrette:** canola oil, lemon juice, orange or lemon zest, orange juice.



# Vinaigrette

Makes 6 servings (approx. 2 Tablespoons each)

Oil $\frac{1}{2}$ cup	Acid 3 Tablespoons	Aromatics $\frac{1}{2}$ teaspoon powder 1 teaspoon dried or 3 Tablespoons fresh	Sweet (optional) 1 Tablespoon
Olive Canola Vegetable Walnut	Vinegar (cider, rice, white, red wine, balsamic, etc.)  Citrus juice (lemon, lime, orange, grapefruit)	Herbs (fresh or dried)  Spices (celery seed, paprika, or others)  Garlic or onion  Seasoning Mixes, 1 teaspoon  Basil and cilantro  Dill and parsley Thyme and rosemary  Basil, bay leaf, oregano, and parsley  Prepared mustards, 1 Tablespoon  Zest from orange or lemon (scrape, grate or cut outer, colorful peel)	Honey  Maple syrup  Brown sugar  Orange juice  Jam



## Vinaigrettes can be used in many ways:

- Add to any cold or warm salad, green salads, pasta salads, fruit salads, vegetable salads, and bean salad.
- Add to coleslaw mix, or sliced cabbage and carrots for your own slaw.
- Marinade fresh vegetables several hours or overnight in a bowl or sealable plastic bag in the refrigerator. Try tomatoes, mushrooms, green beans, zucchini, jicama, yellow squash, or onion slices. Discard marinade after use.
- Marinade for beef, game, fish, tofu, or chicken. Add soy sauce if desired. Marinade several hours or overnight in a bowl or sealable plastic bag in refrigerator. Discard marinade after use. If basting meat while cooking, use fresh marinade.
- Pour over cut vegetables and let sit about 30 minutes before roasting, grilling or broiling.