

Nourishing Vinaigrettes

With a few basic ingredients you can whip up delicious vinaigrettes at the drop of a hat. Busy days call for organized food prep, so make a vinaigrette once a week to drizzle on leafy salads, slaws and steamed veggies.

Basic Ingredients

Extra-virgin, cold-pressed organic olive oil

Garlic

Onion or shallot

Organic mustard

Fresh or dried herbs

Sea salt

Ground pepper

Red wine vinegar, balsamic vinegar and/or lemon juice

Ginger

Citrus zest

Basic Vinaigrette

Mix together: $\frac{3}{4}$ cup oil, $\frac{1}{4}$ cup vinegar or citrus juice, 1 clove garlic minced, 1 teaspoon mustard, 1 tablespoon fresh green herbs, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.

Red Wine Rosemary Vinaigrette

Mix together: $\frac{3}{4}$ cup oil, $\frac{1}{4}$ cup red wine vinegar, 1 tablespoon mustard, 1 tablespoon fresh minced rosemary, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.

Lemon Dijon Thyme

Mix together: $\frac{3}{4}$ cup oil, $\frac{1}{4}$ cup lemon juice, 2 tablespoons minced onion, 1 clove garlic minced, 1 teaspoon mustard, 1 tablespoon minced fresh thyme or $\frac{1}{2}$ tablespoon dried thyme, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.

Lemon Balsamic

Mix together: $\frac{3}{4}$ cup oil, 2 tablespoons balsamic vinegar, 2 tablespoons lemon juice, 1 tablespoon lemon zest, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.