



Basic Vinaigrette

BASIC VINAIGRETTE INGREDIENTS

½ c extra-virgin olive oil
3 T vinegar of choice
2 medium cloves garlic, pressed or minced
¼ tsp fine sea salt
Freshly ground black pepper, to taste

Whisk together all ingredients and store in an air tight jar, refrigerated.

Variations

MUSTARD DRESSING

Basic vinaigrette (use balsamic vinegar)
1 tsp dijon mustard
1 T maple syrup or honey

CREAMY VINAIGRETTE DRESSING

Basic vinaigrette (use red wine vinegar)
2 -3 T plain yogurt
1 T whole grain mustard

LEMON DRESSING

Basic vinaigrette (use white vinegar)
3 T lemon juice
½ tsp dried oregano and/or dill
1 T capers, minced

BALSAMIC VINAIGRETTE

Basic vinaigrette (use balsamic vinegar)
1 T spicy mustard
1 tsp dried italian seasoning