

Vinaigrette

This is a 2-1 formula for a basic vinaigrette. The traditional is 3 parts oil to 1 part vinegar which might be better for a harsh acid like an inexpensive balsamic vinegar. To this recipe, you can add a variety of seasonings or flavorings to make it "your own". Experiment and find something you like or to highlight specific salad ingredients.

¼ cup	olive oil	1 teaspoon	dijon mustard
2 Tablespoons	red wine vinegar	1 pinch	salt & pepper to taste

Mix all ingredients together in a salad dressing shaker or in a bowl.

Servings: 8

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 61 calories, 60 calories from fat, 6.8g total fat, 0mg cholesterol, 44.6mg sodium, 2.3mg potassium, <1g carbohydrates, <1g fiber, 0g sugar, <1g protein.

Source

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