



All Purpose Vinaigrette

Ingredients:

- 9 tbsp. (just over ½ c) champagne or good white wine vinegar
- 1.5 tsp. Dijon mustard
- 2 – 3 cloves garlic
- ¾ tsp. fresh ground black pepper
- 2 tsp. good sea salt (if using)
- 1.5 c good olive oil

Directions:

- Combine all ingredients except olive oil in blender or food processor. Blend well.
- Add oil in slow stream while blender going on low until fully emulsified.
- Voila!

Note: This dressing is a great addition to absolutely everything. Dress a green salad with it, or toss it with arugula for a dinner party side. Drizzle on roasted veggies or add to quinoa, pasta salads...you name it. Store in fridge in Mason jar or (best tip ever) in your extra blender canister – just give it a quick pulse to re-emulsify before using.

*** Whole Foods 365 brand makes a (relatively) low salt Dijon mustard*

*** Use cold pressed olive oil as a healthier alternative to standard olive oil*

*** If using salt, pink Himalayan sea salt is healthier option to processed salt*

*** This dressing is admittedly much better with salt, but still tasty and delicious without. When in a relapse we omit the salt, but otherwise we include it.*