Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Basic Vinaigrette

Recipe from Tilth Alliance Makes 2 cups

Ingredients

1 cup oil (such as olive, sesame, or sunflower)

1/2 cup vinegar or acid (such as red wine vinegar, white wine vinegar, balsamic vinegar, rice vinegar, lemon juice, or lime juice)

1 teaspoon Dijon mustard

1 teaspoon salt

1/2 teaspoon pepper

2 teaspoons honey, maple syrup, or sugar

2-3 teaspoons herbs or spices (such as ginger, garlic, oregano, or basil)

Fresh salad greens of choice



Photo credit: Taste of Home website

Instructions

Measure all the ingredients (except salad greens) into a bowl and stir with a whisk to blend ingredients together. Alternatively, you can measure ingredients into a jar, place the lid on tight, and shake.

Dress salad greens and save the remaining vinaigrette in an airtight container in the refrigerator.







