

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.