

# SIMPLE VINAIGRETTE



## INGREDIENTS:



- 3/4 cup olive (or avocado) oil
- 1/4 cup vinegar or lemon/lime juice
  - Red wine vinegar for red meat/salmon
  - White wine vinegar for fish or chicken
  - Rice vinegar for Asian flavor
- 1 tsp - 1 tbsp dijon mustard (brown, deli, or yellow mustard can be substituted)
- 1 tsp - 3 tsp pure maple syrup or honey
- Salt and pepper to taste



## INSTRUCTIONS:



- In a bowl, combine all of the ingredients.
- Stir well with a small whisk or a fork until the ingredients are thoroughly mixed.
- Taste and adjust as necessary.



## NOTES:



Parts example: if 3 parts equals 3/4 cup, 1 part equals 1/4 cup

If the mixture is too acidic, thin it out with a bit more oil or balance the flavors with a little more maple syrup or honey. If it doesn't have enough tang, add vinegar by the teaspoon.

\*Flavor variations listed on next page

Sourced From: Gayla Pedersen





# SIMPLE VINAIGRETTE FLAVOR VARIATIONS



## NOTES:



For variations make Simple Vinaigrette and add herbs of your choice and 1 clove of garlic (can substituted with garlic powder)

### Herb Variations:

Dill - pairs well with fish

Basil - pairs well with fish and chicken

Parsley - pairs well with beef

### Flavor Variations:

Herbal - add lemon zest from 1/2 an organic lemon

Asian or Mexican flavor - use cilantro and rice wine vinegar and lemon or lime

Italian flavor- oregano, thyme, and rosemary (about 10 leaves or so)

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