# Dress those Greens!

## RECIPE: THE BASIC VINAIGRETTE

### Key Ingredients

- 2 Tbsp. white OR red wine vinegar
- 1 tsp. Dijon mustard
- Salt and pepper to taste
- 6 Tbsp. extra virgin olive oil

**Notes and Substitutions:**
- A basic vinaigrette consists of 3-4 parts oil to 1 part acid (citrus juice or vinegar)
- Substitute 1 Tbsp. of wine vinegar with 1 Tbsp. of citrus juice, such as lemon or lime juice.
- Substitute wine vinegar for other favorite vinegar, such as 3 Tbsp. of balsamic.
- Use your favorite mustard, such as a spicy mustard or a grainy mustard. If mustard isn't your vibe, add fresh herbs of your liking. OR add some minced garlic OR ginger OR shallot.
- Consider trying a different oil, such as avocado, walnut, almond, flaxseed, hemp or grapeseed.

### Recipe

1. Using a glass bowl OR glass mason jar, whisk together vinegar (acid), mustard, salt and pepper until combined.

2. Very slowly, whisk in olive oil (oil) until dressing thickens. OR, if using a glass mason jar, slowly pour oil in, seal and secure with mason jar lid, and shake until dressing is combined and thickened.

**MAKES:** approximately 1/2 cup

Reference: Wilcox, J. Jill's Starters. (2010). Jill's Table: London, Ontario, Canada.

## RECIPE: HONEY DIJON DRESSING

### Key Ingredients

- 1/4 cup apple cider vinegar
- 2 Tbsp. Dijon mustard
- 2 Tbsp. Honey
- Salt and pepper to taste
- 1/2 cup extra virgin olive oil

**Notes:**
- Use this dressing over a bed of fresh mixed greens, diced apple, sliced grapes, walnuts, and blue cheese.
- Consider using this dressing in place of a traditional mayonnaise based potato salad dressing.

### Recipe

1. Using a glass bowl OR glass mason jar, whisk vinegar, mustard, honey, salt and pepper until combined.

2. Very slowly, whisk in olive oil (oil) until dressing thickens. OR, if using a glass mason jar, slowly pour oil in, seal and secure with mason jar lid, and shake until dressing is combined and thickened.

**MAKES:** approximately 3/4 cup

Reference: Iowa Girl Eats. https://www.iowagirleats.com

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