

Simple Dijon Vinaigrette



Use this dressing as a guideline for making your own vinaigrette that adds bright, bold flavor to your salads, grain bowls, cooked vegetables and even as a marinade for proteins.

YIELD 16 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 Tbsp	Dijon mustard
1 Tbsp	Honey
¼ cup	Apple Cider Vinegar
½ each	Grapefruit, zested and juiced
½ tsp	Soy Sauce
¼ cup	Extra Virgin Olive Oil
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground

CHEF'S NOTES

A standard vinaigrette is usually 3 parts oil to 1 part acid (vinegar, citrus, etc.) but here we lighten it up by adjusting the ratio to use less oil. This slashes calories and produces a very flavorful, tangy dressing.

This vinaigrette provides the perfect balance of sweet, sour, and savory flavors and makes enough to keep on hand for a quick flavor boost to all your meals. Store in the refrigerator in a sealed container for about a week.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in an 8-oz. mason jar or container with a tight-fitting lid.
3. Secure the lid, shake vigorously to combine and enjoy!

Nutrition Facts

8 servings per container

Serving Size 2 Tbsp (36 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 4g 0%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 0.06mg 0%

Potassium 31mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

