

Red Wine Vinaigrette

This simple vinaigrette recipe is adaptable, easy to make, and tastes amazing!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

½ cup	Extra Virgin Olive Oil
¼ cup	Red Wine Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Kosher Salt
To Taste	Black Pepper, ground

CHEF'S NOTES

Making homemade vinaigrette allows you to control the ingredients in your dressing, making it healthier than store-bought varieties.

Storage instructions:

Store in a sealed jar. Keep up to one week in the refrigerator.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small container, such as a jar, combine all the ingredients. Shake well to combine.
3. Refrigerate and use as needed. Shake well before use.

Nutrition Facts

8 servings per container

Serving size 2 Tbsp (27g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.2mg 0%

Potassium 10mg 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.

Recipe by Health meets Food, "Red Wine Vinaigrette", (10/17/18)



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