

COOKING FORMULA FOR A SIMPLE VINAIGRETTE

There's no need for store bought dressings full of preservatives when it's so easy to make your own salad vinaigrette with our easy cooking formula.



OILS	ACIDS	OTHER FLAVORS
Olive oil	Vinegar <i>(e.g., sherry, red wine, balsamic, rice)</i>	Mustard
Grape seed oil	Lemon juice	Jam / preserves
Sesame oil		Herbs <i>(e.g. parsley, basil)</i>
Nut oils		Garlic
Avocado oil		Shallots
		Ginger
		Soy sauce
		Tahini
		Spices
+ STANDARD SEASONING		
Preferred sweetener <i>(If there isn't one already.) This is used to balance out the tartness of acids.</i>		
Salt & pepper		

3 GREAT VINAIGRETTES MAKE ~1/4 CUP

SWEET

- 2 tsp jam
- 1 1/2 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- Salt & pepper

GOES GREAT ON



Apples, pecans, blue cheese, and spinach



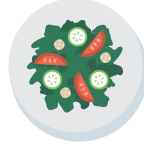
Strawberries, almonds, goat cheese, and arugula



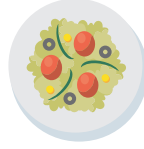
Roasted beets, walnuts, and baby kale

FRENCH

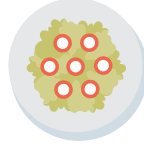
- 1 minced garlic clove
- 2 tsp Dijon mustard
- 1 1/2 Tbsp red wine or sherry vinegar
- 3 Tbsp olive oil
- Salt & pepper



Cucumbers, tomatoes, and red leaf lettuce



Tuna, olives, corn, green beans, cherry tomatoes, and butter lettuce



Radishes and butter lettuce

ASIAN

- 1 garlic clove, minced
- 2 tsp soy sauce
- 1 Tbsp rice vinegar
- 3 Tbsp vegetable oil
- Salt & pepper



Rotisserie chicken, red peppers, carrots, cabbage, peanuts, and romaine lettuce



Mushrooms, cucumbers, tomatoes, and spinach



Oranges, edamame, celery, and spinach