

Homemade Vinaigrette

Culinary Medicine, Nutrition Services

Yields: 1 cup

Equipment: jar with lid or bowl and whisk

Ingredients

½ cup extra-virgin olive oil
3 tablespoons vinegar of choice
1 tablespoon Dijon mustard
1 tablespoon maple syrup or honey
2 medium cloves garlic, minced or pressed
¼ teaspoon fine sea salt, to taste
Freshly ground black pepper, to taste

Instructions

1. Whisk together the ingredients in a small bowl or shake them up in a mason jar, then toss with your greens or use as a marinade.

Feel free to try out using other vinegars and oils to experiment. See variations on the back!



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APPLE CIDER VINAIGRETTE

Ingredients

½ cup extra-virgin olive oil
3 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
1 tablespoon maple syrup or honey
2 medium cloves garlic, minced or pressed
¼ teaspoon fine sea salt, to taste
Freshly ground black pepper, to taste

CLASSIC ITALIAN DRESSING

Ingredients

3 tablespoons extra olive oil
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon Italian seasoning
1 pinch crushed red pepper flake
Salt and pepper to taste



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