

Elevated Vinaigrette

recipes from Gourmet Nutrition The Cookbook for the Fit Food Lover

Ingredients

Balsamic Vinaigrette

- 1/2 cup olive oil (substitute some or all of the olive oil for infused olive oil)
- 1/2 cup balsamic vinegar
- 1/4 cup finely chopped shallots
- 1/4 cup fresh parsley finely chopped
- salt and pepper to taste

Roasted Garlic Vinaigrette

- 1/2 cup olive oil (substitute some or all of the olive oil for the infused olive oil)
- 1/2 cup red wine vinegar
- 1/4 roasted garlic (or to taste)
- 2 teaspoon Dijon mustard
- 1/4 cup fresh cilantro finely chopped
- salt and pepper to taste

Greek Vinaigrette

- 1/2 cup olive oil (substitute some or all of the olive oil for the infused olive oil)
- 1/2 cup red wine vinegar
- 1/4 cup shallots finely diced
- 1/4 cup fresh basil finely chopped
- salt and pepper to taste

Caramelized Shallot Vinaigrette

- 1/2 cup pressed sesame seed oil
- 1/4 cup shallots roughly chopped
- 1 tablespoon infused honey
- 1/2 balsamic vinegar
- 1/4 Italian parsley roughly chopped
- salt and pepper to taste

Orange Sesame Vinaigrette

- 1/2 cup cold pressed sesame seed oil
- 1/4 cup rice vinegar
- 1 orange (peel, white stuff and seeds removed)
- 1 tablespoon infused honey
- 1/4 cup fresh mint finely chopped
- salt and pepper to taste

Instructions

- Add all ingredients to a blender or mini food processor and puree until everything is finely diced.
- If you don't have a blender or food processor, simply chop the veggies and herbs finely and incorporate all the ingredients together.
- Transfer to a glass jar for storage and shake well before serving.

Notes