

# HOMEMADE VINAIGRETTE



HEALTHY EATING SERIES  
COMPLIMENTS OF SFG



## Ingredients

- 1 shallot, finely chopped
- 1 tbsp Dijon or whole grain mustard
- 1 tsp honey
- 2 tbsp lemon juice
- ¼ cup red or white wine vinegar
- ½ tsp salt
- ½ tsp ground pepper
- ⅔ cup extra-virgin olive oil

Preparation time	Cook time	Total time	Servings
10 min	0 min	10 min	¾ cup

## Description

Create your own vinaigrette at home and avoid the additives and unnecessary sugar in store-bought dressings. Use your creativity to modify each batch with different flavors to supplement your salads, fruits and vegetables.

## Directions

- Combine:** Combine all ingredients, except the salt, pepper and olive oil. Either whisk them together in a bowl or shake them up in a jar.
- Season:** Add salt and pepper.
- Add Oil:** Gradually whisk in olive oil (or add to your jar and shake until emulsified).
- Taste and Adjust:** You can add more seasoning or lemon juice to adjust the flavor.

## Nutrition

This dressing provides healthy, *unsaturated fat* from the olive oil. You also avoid additives that enhance texture or preserve freshness commonly found in store-bought dressings. Not to mention, your homemade dressing will likely have less salt and sugar!

If you make a variation using garlic or Greek yogurt, you'll add additional *vitamins, minerals* and *protein*.

## Notes

**Storage:** Store in an airtight container or glass jar in the refrigerator for 1-2 weeks.

**Mix it Up:** Try using maple syrup or agave, instead of honey, or add freshly grated lemon or lime zest for extra tang. You can also use different vinegars to switch up the flavor. Try balsamic vinegar for a bold and slightly sweet dressing or apple cider vinegar if you like a mild apple flavor. If you're looking for a creamier dressing, add in a little Greek yogurt. Freshly minced garlic is also a great flavor option.

Original Source: [Real Simple](#)