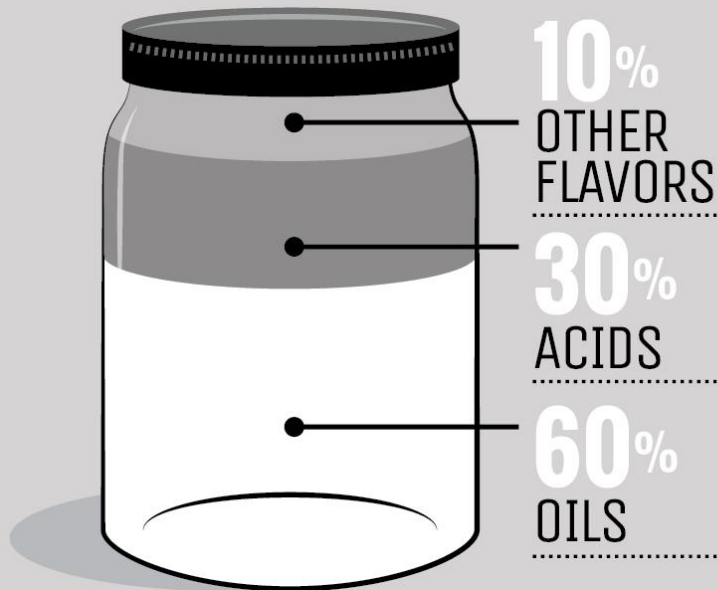


COOKING FORMULA FOR A SIMPLE VINAIGRETTE

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

- ◆ Olive oil
- ◆ Grape seed oil
- ◆ Sesame oil
- ◆ Nut oils
- ◆ Avocado oil

ACIDS

- ◆ Vinegars (e.g., sherry, red wine, balsamic, rice)
- ◆ Lemon juice

OTHER FLAVORS

- ◆ Mustard
- ◆ Jam / preserves
- ◆ Herbs (e.g. parsley, basil)
- ◆ Garlic
- ◆ Shallots
- ◆ Ginger
- ◆ Soy sauce
- ◆ Tahini

+ STANDARD SEASONING

- ◆ Preferred sweetener (if there isn't one already). This is used to balance out the tartness of acids.
- ◆ Salt & pepper



3 GREAT VINAIGRETTES [MAKES 1/4 CUP]

SWEET GOES GREAT ON ▶



- ◆ 2 tsp. jam
- ◆ 1 1/2 tbsp. balsamic vinegar
- ◆ 3 tbsp. olive oil
- ◆ Salt & pepper

Apples, pecans, blue cheese, and spinach

Strawberries, almonds, goat cheese, and arugula

Roasted beets, walnuts, and baby kale



FRENCH TRY IT WITH ▶



- ◆ 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

Radishes and butter lettuce

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



ASIAN PAIR WITH ▶



- ◆ 1 garlic clove, minced
- ◆ 1 tbsp. 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



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