

Balsamic Vinaigrette 3 Ways

Convert a traditional vinaigrette to low-oil or no-oil dressings

Using “Traditional Balsamic Vinaigrette” as an example, the recipes that follow demonstrate:

1. a classical, French-style vinaigrette (“Traditional Balsamic Vinaigrette”),
2. a low-oil alternative (“Low-oil Balsamic Vinaigrette”), and
3. a no-oil option (“Creamy Balsamic Dressing”).

Try each to compare flavors, textures, and culinary uses.

Note that for low-oil and no-oil dressings, more ingredients are generally needed to balance flavors for a vinaigrette-style dressing. Additionally, there is less flavor carrying capacity per volume, meaning the less oil that is used, the larger the portion needed to result in a flavorful dish. Serving sizes and nutrition information for each version reflect this.

The no-oil option uses silken tofu to add body, as no-oil vinaigrette-style dressings made by simply substituting water, stock, or fruit juice for the oil tend to be thin and will run off whatever they are being used to dress. Adding ingredients that thicken no-oil dressings, as well as stronger seasonings/flavoring ingredients, are key to a pleasing mouthfeel and flavor profile in the end product.

Fresh herbs such as basil, parsley, thyme, rosemary, or sage would be delicious in any of the dressings.

If you prefer other types of no-oil dressings, and don’t mind higher calorie or fat content, then consider no-oil dressings with a nut or seed butter base, such as the “Lemon Tahini Dressing.”

Traditional Balsamic Vinaigrette

INGREDIENTS

1 small clove garlic, minced
(or ¼ teaspoon [1.25 milliliters]
garlic powder)

¼ cup (60 milliliters)
balsamic vinegar

¾ cup (180 milliliters) olive oil

1 teaspoon (5 milliliters) liquid
sweetener (e.g., honey or agave
syrup), optional

½ teaspoon (2.5 milliliters)
Dijon mustard, optional

¼ teaspoon (1.25 milliliters)
salt, optional

Freshly ground black pepper,
to taste



INSTRUCTIONS

1. Add ingredients to jar with a fitted lid and shake vigorously or whisk together in a small mixing bowl. Adjust seasoning to taste. Store in the refrigerator in a 1-cup (240-milliliter) jar. Use within 7 days if using fresh garlic. This can last months if using garlic powder.

Nutritional Info (per 1 tablespoon [15 milliliter] serving): Calories 90, Total Fat 10 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 38 mg, Total Carbohydrate 1 g, Dietary Fiber 0 g, Sugars 1 g, Protein 0 g

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Creamy Balsamic Dressing (no-oil)

INGREDIENTS

1 small clove garlic, minced

¼ cup (60 milliliters)
balsamic vinegar

1½ teaspoons (7.5 milliliters)
white or light miso

¼ cup (60 milliliters) water, or
more to adjust taste, consistency

¼ cup (60 milliliters) mashed
silken tofu

1 teaspoon (5 milliliters) liquid
sweetener (e.g., honey or agave
syrup), optional

½ teaspoon (2.5 milliliters)
Dijon mustard, optional

Freshly ground black pepper,
to taste



INSTRUCTIONS

1. Add ingredients to a blender and blend until smooth. Adjust seasoning to taste. Note: Miso is salty so you may not need any added salt. Store in a 1-cup (240-milliliter) jar in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 18, Total Fat 0.4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Total Carbohydrate 2.7 g, Dietary Fiber 0 g, Sugars 2 g, Protein 0.8 g, Calcium 1%, Iron 1%

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