

Low-oil Balsamic Vinaigrette

INGREDIENTS

1 small clove garlic, minced

1 teaspoon (5 milliliters)
white or light miso

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, optional

¼ cup (60 milliliters)
balsamic vinegar

¼ cup (60 milliliters) olive oil

¼ to ½ cup (60 to 120 milliliters)
water, adjust to taste

Salt, to taste, optional

Freshly ground black pepper,
to taste



INSTRUCTIONS

1. Add ingredients to a blender and blend until smooth. Alternatively, whisk in a mixing bowl until smooth—this works best if you first whisk garlic, miso, agave and/or Dijon, and vinegar together until smooth and then whisk in the remaining ingredients. Adjust seasoning to taste.

NOTES

- 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 1½ tablespoon [22.5 milliliter] serving): Calories 48, Total Fat 4.7 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 24 mg, Total Carbohydrate 1.6 g, Dietary Fiber 0 g, Sugars 1.3 g, Protein 0 g

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.