

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

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