

# balance

---

HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Basic Vinaigrette

---

Serves: 4

### **Ingredients:**

3 tablespoons extra virgin olive oil  
2 tablespoons vinegar (white, cider, or wine)  
Salt and pepper to taste

### **Directions:**

1. Combine the oil and vinegar, taking care to emulsify the dressing as you go. Some cooks at home will use a squeeze bottle to drip the oil in while whisking the vinegar. Getting the two to combine requires a certain amount of patience.

Variations for this recipe abound.

To make it more “Italian” add some minced garlic, Italian seasoning and a pinch of crushed red pepper.  
To make “balsamic” style vinaigrette, use just 1 tablespoons of vinegar and some minced garlic.

Tip: Sick of salads getting soggy? Pour dressing along the inside of a bowl, and then toss your salad.