

All-Purpose Vinaigrette

By Eating Well

Makes: About 1 cup

Total Time: 10 minutes

Ingredients

1 medium garlic clove

- 1/4 teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- 1/4 cup white-wine vinegar or red-wine vinegar
- 1 tablespoon <u>Dijon</u> mustard

Preparation

1. Peel garlic clove and smash with the side of a chef's knife. Using a fork, mash the garlic with salt in a small bowl to form a coarse paste. Whisk in oil. Add juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired.

Tips & Notes

• **Make Ahead Tip**: Cover and refrigerate for up to 5 days. The oil will solidify, so bring to room temperature and whisk before using.

The Balanced Body Center
(704) 849-9393 www.knowbalance.com