

BEYOND HUNGER

Orange Vinaigrette

Making homemade dressings is easier than people think, and you avoid preservatives, extra salt, and sugars. Try this citrusy vinaigrette on fall and winter salads. Don't skip the mustard- it is an emulsifier and is the secret to getting oil and vinegar to mix into a creamy dressing!

Yields: 1 ¼ cup dressing

Serving Size: 2 Tablespoons

Ingredients:

- 3 Tbsp apple cider vinegar
- 1 tsp orange zest
- 2 Tbsp 100% orange juice
- 2 ½ tsp Dijon mustard
- 2 Tbsp pure maple syrup
- Kosher salt to taste
- ½ tsp black pepper
- 2/3 cup olive oil

Instructions:

1. Add all ingredients to a jar. Cover with jar lid and shake until ingredients are smooth and creamy. Alternatively, add ingredients until black pepper into a bowl or measuring cup and whisk in oil until smooth and creamy.

Per Serving: Calories 170kcal, Carbohydrates 3.5g, Protein 0g, Saturated Fat 2.6g, Sodium 115mg, Fiber 0g, Sugars 3g