



Balsamic Vinaigrette

Recipe adapted from: *Oh She Glows*



Ingredients



- 2 1/2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 tsp. Regular or Dijon mustard
- 1 Tbsp. pure maple syrup
- 1/4 tsp. sea salt
- 1/4 ground black pepper, or to taste

Yield: 4 servings
Serving Size: 2 Tbsp.



Directions



1. Place all ingredients in a high-powered blender and process until well blended or toss all ingredients into a bowl and whisk.

Estimated Price:

Total Cost: \$0.37

Serving Size (2 Tbsp): \$0.09

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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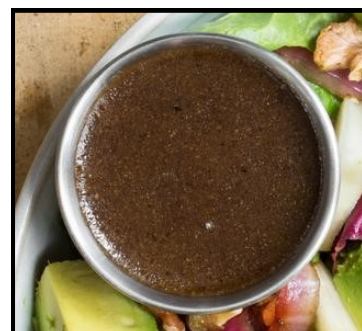


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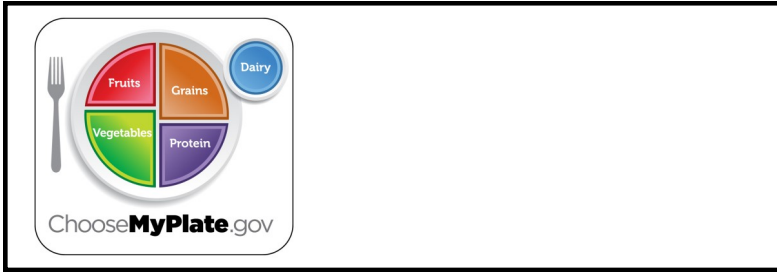
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Fast Facts



Featured Food Groups



Cooking Tips



- Try as a dressing or dip!

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	2 Tbsp
Amount Per Serving	
Calories	80
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Sugar Alcohol 0g	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 26mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

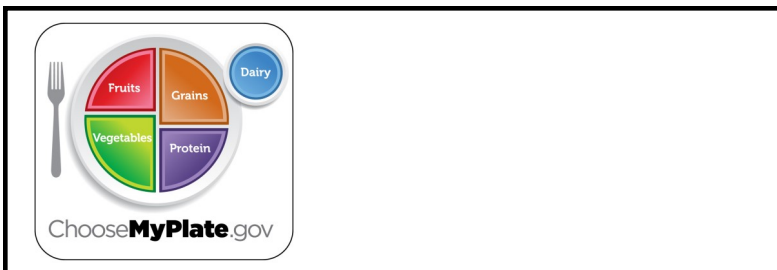
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