



## Maple Mustard Vinaigrette




*Developed by GLIFWC staff*




Total Time: 10 minutes

Serving Size: 2 tablespoons • Yield: 2

### Ingredients

1 tablespoon	apple cider vinegar
2 teaspoons	<b>maple syrup</b>
2 teaspoons	Dijon-style mustard
1/8 teaspoon	<b>salt</b>
1/8 teaspoon	black pepper, ground
2 tablespoons	<b>walnut oil</b> 

### Directions

1. In a small bowl, whisk together vinegar, syrup, mustard, salt, and pepper. 
2. Continue whisking and gradually add oil. 
3. Once the oil is added and thoroughly mixed in, the dressing is ready to serve. 
4. Serve immediately with the “Spinach and Dandelion Salad” on page 70 or the “Wild Rice Salad with Herbed Turkey Breast” on page 76 or place in an air tight container and store in the refrigerator.

**Chef Notes:**

- ☞ If dressing fails to come together, whisk in about 1 teaspoon warm water. Dressing can also be made in a blender.
- ☞ Do not dress salad until ready to serve.
- ☞ Salad dressing can be made in bulk and stored in an air tight container in the refrigerator. Over time the dressing will begin to separate, this is normal and not a sign of spoiling. Whisk vigorously to combine.

**Mix It Up!**

- ☞ Don't have walnut oil on hand? Try different oils such as sunflower seed or pumpkin seed oil for a light, nutty taste. Extra-virgin olive oil or vegetable oil can also be substituted.
- ☞ This is a great recipe to have your kids help out! They can learn how to measure liquid and dry ingredients, adding each to a clean jar. Just tighten the lid for them and let them shake until all the ingredients are well mixed. Just remember, good times in the kitchen are also safe times in the kitchen.

<b>STORAGE</b>			
	<b>Pantry</b>	<b>Refrigerator</b>	<b>Freezer<sup>^</sup></b>
<b>Duration</b>	None	3 months	None

<sup>^</sup>Indicates the amount of time food can be frozen before a noticeable decrease in quality occurs.

**Maple-Mustard Vinaigrette**

<p><b>Nutrition Facts</b></p> <p>Serv. Size 2 tablespoons (32.95g)</p> <p>Servings 8</p> <p><b>Calories</b> 140 Fat Cal. 120</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet.</small></p> <hr/> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>	<small>Amount/Serving</small>	<small>% Daily Value*</small>
	<p><b>Total Fat</b> 14g</p> <p>Sat. Fat 2g</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 260mg</p> <p><b>Total Carb.</b> 5g</p> <p>Sugars 4g</p> <p><b>Protein</b> 0g</p>	<p><b>21%</b></p> <p><b>9%</b></p> <p><b>11%</b></p> <p><b>2%</b></p> <p><b>0%</b></p>