

Herb Vinaigrette

Yield: 16 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap shallot for green part of green onions or chives

Ingredients

½ cup red wine vinegar
2 tsp Dijon mustard
4 tsp oregano, dry
½ medium shallot, trimmed and peeled
1 garlic clove, trimmed and peeled
1 Tbsp salt, kosher
2 tsp sugar
1 tsp black pepper
¾ cup olive oil
½ cup avocado oil

Directions

1. Place all ingredients except oils in a blender.
2. Blend on medium speed, and slowly drizzle in olive oil (¾ cup) and avocado oil (½ cup) in a steady stream.
3. Allow to spin approximately 10 seconds after all oil is added.



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Nutrition Facts

Serving size 1 (1oz)

Amount Per Serving	29g
Calories	156
% Daily Value	
Total Fat 17g	26%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 444mg	19%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	1%