

# 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%**