Balsamic Vinaigrette

By Jenny Breen

Ingredients:

- 2/3 cups olive oil
- 2/3 cups balsamic vinegar or 1/3 balsamic, 1/3 raspberry
- 1 tablespoon Dijon mustard
- 2 tablespoons fresh herbs, chopped finely
- 1 teaspoon salt
- 2 tablespoons honey or maple syrup

This classic combination benefits from good olive oil and vinegar. Add a little honey to balance the tartness and some raspberry vinegar for a nice fruity infusion. The fresh herb flavor enhances the taste, especially as we enter spring! And if you grow herbs indoors, you will always have a supply handy.

The Family Kitchen: As always, measuring and pouring is fun for kids. This recipe offers an opportunity to discuss ingredients at a deeper level: You can talk about the independence that cooking your own food offers, and in the case of salad dressing, you can talk about how you are no longer dependent upon expensive bottled choices which include loads of additional ingredients that are not generally nutritious or pure.

To Make:

Place all ingredients in bowl and whisk well. Keep in the refrigerator between uses for dressing greens or dipping crusty bread.

(Makes about 2 cups)