Weekly Action: Make a Vinaigrette!

1 tsp sea salt (or to taste)
1/3 tsp freshly ground pepper
2 tbsp pure maple syrup
1 tsp Dijon mustard
2 tbsp red wine vinegar
1/2 cup vegetable oil (olive oil is too strong)

Mix together in a jar by hand or for a creamier dressing, use a Braun hand blender. This dressing is particularly good on tossed green salad (mesclun) with berries and slivered almonds.

Once you have completed this weekly action, send photographic evidence to eatlocal@eatlocalcaledon.org to be entered into our weekly prize draw!

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