

Lemon Vinaigrette Dressing (allrecipes.com)

¼ cup red wine vinegar
2 tlbs. Dijon mustard
1 tsp. dried oregano
1 clove garlic, minced
½ tsp kosher salt
¼ tsp. ground black pepper
½ cup olive oil (I prefer extra-virgin olive oil, or avocado oil)
2 tlbs. Fresh lemon juice

Whisk red wine vinegar, Dijon mustard, oregano, garlic, salt, and black pepper together in a small bowl. Slowly stream olive oil into the vinegar mixture while whisking briskly. Beat lemon juice into the mixture.

Pour dressing into a sealable jar or bottle, seal, and shake until emulsified.

Super yummy and versatile. I love it on my breakfast salad.

Breakfast Salad

Two large handfuls of organic greens (50/50 mix, Spring mix, Power Greens, etc.), place in a salad bowl. Toss with about 2 tablespoons of Lemon Vinaigrette, and top with a poached, soft boiled, or over-easy fried egg.

I prefer the poached or fried egg versions. Fry egg in a dollop of coconut oil, season with Himalayan sea salt, and pepper.

Serve with a side of fresh fruit.