

Fresh Lemon Juice Vinaigrette

Servings: About 2/3 – 3/4 cup

Ingredients

- dash fresh lemon zest
- 1/3 cup lemon juice – fresh squeezed
- 1/2 cup olive, grapeseed or avocado oil
- 1/4 cup (about 4 tablespoons) whole grain, Dijon or your favorite mustard
- 1/2 - 1 shallot – diced very fine
- 1 clove garlic – diced very fine
- dash fresh lemon zest
- 1/4 teaspoon each sea salt & pepper
- your favorite dried spices, say, cumin, Mexican oregano, coriander, turmeric (all optional)

Directions

Zest a little of the lemon and place in food processor. Add the remaining ingredients and pulse until desired dressing consistency is achieved.

If you chop the shallot and garlic small enough, you can put the ingredients in a jar with a tight fitting lid or dressing shaker and shake until desired consistency achieved.

Variations: this is my basic recipe. I like to mix it up and the following ingredients can totally change this dressing:

fresh jalapeno – finely diced, 4 tablespoons honey, sriracha, 1/2 cup really good vinegar reduced by 1/2 on the stove (balsamic, pomegranate, blood orange, etc). Dill is also a great addition – if dried, add to the jar. If fresh, process the ingredients in your food processor. I also like Cilantro, which I process in the food processor.

fresh basil – for this option, put all of the ingredients into your food processor and process until desired consistency achieved.