

Homemade Balsamic Vinaigrette

Fresh, tangy, and naturally sweet, this homemade balsamic vinaigrette is quick to make, free of additives, and perfect for salads, veggies, or marinades.

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard or 1 tablespoon of plain Greek yogurt (helps emulsify)
- 1 teaspoon honey or maple syrup (optional, balances acidity)
- 1 clove garlic, finely minced or crushed
- Salt and black pepper to taste

Method:

1. In a small bowl or jar, whisk (or shake) together the **balsamic vinegar, mustard or yogurt, honey, and garlic**.
2. Slowly drizzle in the **olive oil** while whisking continuously, until the mixture emulsifies (thickens and blends).
3. Season with **salt and pepper**.
4. Taste and adjust with more vinegar for sharpness or oil for smoothness.

Serves: 4

Approximate nutritional analysis per serving: 100 calories (**10 grams of fat, 1 gram of protein, 2 grams of carbohydrates, 0 grams of fiber, 1–2 grams of sugar**).

Tips

- A ratio of **3 parts oil to 1 part vinegar** is the classic vinaigrette base.
- Store in the refrigerator for up to **1 week**. Shake before using.