

FROM THE GROUND UP

~ VINAIGRETTE ~



Raising healthy eaters one taste at a time...

HISTORY & NUTRITIONAL INFO

Hey there Coyotes, and welcome back for another delicious month of cooking and tasting with From The Ground Up! *What dresses up your veggies and makes your tongues twirl with excitement at each meal?* Here's a little hint: a delicious, magical ingredient that can makes everything taste *just that much better*. Oh, no, ho ho, not chocolate sauce my dear foodies, that would be way too easy! Would you eat chocolate sauce on a sugar snap pea or a piece of broccoli? Exactly!

Who has ever tried vinaigrette? Raise your hands! Awesome! If you haven't, do not worry for a second because you're going to be dazzled by this little gem of a dressing. Just a **SPLASH** of vinaigrette will **perk** up your **peppers**, **tighten** up your **tomatoes**, and add some **sass** to your **salads**! Oh yeah! I can feel the excitement in the room, can't you? We're talking all **YUM** in the house!

The word *vinaigrette* comes from the European country France. The French word *vinaigre* means vinegar, and it was first used in England way back in 1699 by the author John Evelyn. He mentioned

it in his book on salads, "Acetaria," but the word was not used widely until the nineteenth century. Go figure!

Our vinaigrette is made from an array of healthy ingredients: white wine, which are fermented grapes, containing **riboflavin, vitamin B-1, and mineral salts**. Olive oil provides essential **omega fatty acids**. Mustard contains high amounts of **selenium and magnesium, niacin, and thiamine** which are anti-inflammatory. Shallots come from the family of root vegetables, onion and garlic, and have more **anti-oxidants, minerals**, and vitamins than onions and are a rich source of **flavonoid anti-oxidants**.

A word to the wise: bag **BIG** brownie points and impress your family and friends at the dinner table with any *or all* of this information. Just give 'em a wink and say that's Wonderland Avenue School for ya!

So go **BOCK** the vinaigrette with your parents and see you next time Coyotes!



Recipe

French Vinaigrette

Ingredients

3 tbsp white wine vinegar
1 tsp Dijon mustard
1/2 tsp kosher salt
1/8 tsp black pepper
2 tsp finely chopped shallot
6 tbsp extra virgin olive oil

Directions

Using a bowl, mix all of the ingredients together except the oil. Next, pour the oil in a slow, steady stream while whisking.

Makes 1/2 cup of vinaigrette. Toss with your favorite mixed greens and enjoy!

