

# Louisiana HARVEST of the MONTH

## Classic Vinaigrette with Dry Mustard

### Home Recipe

Serves: 4

Prep Time: 5 minutes

Cook Time: 0 Minutes

### Ingredients

- ½ tsp salt
- 1 tsp dry mustard
- 4 Tbsp salad oil (olive, avocado oil, canola oil)
- 4 Tbsp vinegar (balsamic, red wine, white wine, champagne)
- 5 Tbsp finely chopped onion

### Nutrients Per 1 Tbsp. Serving

• <b>Calories</b>	70
• <b>Total Fat</b>	7 g
• <b>Saturated Fat</b>	0.5 g
• <b>Cholesterol</b>	0 mg
• <b>Sodium</b>	0 mg
• <b>Carbohydrates</b>	1 g
• <b>Dietary Fiber</b>	0 g
• <b>Protein</b>	0 g
• <b>Calcium</b>	1 mg
• <b>Potassium</b>	9 mg

### Cooking Instructions

- 1) In a small bowl, combine salt, mustard, vinegar, and minced onion. Slowly add the oil and whisk to form a temporary emulsion. Serve with your favorite salad.

