

“Balsamic Vinaigrette”

Recipe HACCP Process: #1 No Cook

Serving Size: 2 Tablespoons

Yield: 50

Source: JSI Back to Basics: Building Flavors that Excite (*adapted from Wellness in the Schools*)

Ingredients:

Ingredient Name	Measurements
Vinegar, balsamic	2 cup + 1 Tbsp
Dijon mustard	1 cup + ½ Tbsp
Salt	1 tsp
Pepper, black	½ tsp
Maple syrup	1 cup + ½ Tbsp
Oil, olive	1 qt + 1/8 cup

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. In a large mixing bowl, whisk together the vinegar, mustard, maple syrup, salt, and pepper.
2. Slowly add in the oil in a steady stream, whisking constantly, until thickened and emulsified.
3. Store in refrigerator for up to a week.
4. Hold for cold service at 41° or lower.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	187.49 kcal
Total Fat	18.50 g
Saturated Fat	2.49 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	158.39 mg
Total Carbohydrate	5.31 g
Dietary Fiber	0.00 g
Total Sugars	1.60 g
Protein	0.05 g

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*