

# Traditional Dijon Vinaigrette Dressing

Serves: 4 | Prep: 5 min

## Ingredients

- 9 tbsp extra virgin olive oil
- 1/2 tsp Dijon mustard
- 3 tbsp Red wine vinegar to taste (or Sherry Vinegar)
- Salt & Pepper to taste
- 1 tsp sugar to cut acidity (or sugar substitute)
- 1/2 tsp Italian seasoning
- 1 clove minced garlic

## Notes

The traditional ratio for oil to vinegar is 3 parts oil to 1 part vinegar. This will produce a dressing that coats the greens well.



## Method

1. In a jar with a tight lid, add all ingredients and shake well until blended. Adjust salt, pepper and sugar/sweetener to taste.
2. Drizzle on salad and mix to coat all lettuce.