Northwell Healthy Choice Teaching Kitchen

Huntington Hospital

Executive Chef William Dougherty CEC, CDM and Pamela Bonney MS, RDN, CDN, FAND



Summer Strawberry Vinaigrette



Easy and delicious strawberry vinaigrette. It's sweet, tart, and goes wonderfully on top of a bed of greens!

Nutrition Facts 2 Oz

128 Calories, 5g Total Fat (1g Saturated Fat), 19mg Sodium, 0g Protein 6g Carbohydrate (1g Fiber, 5g Total Sugars),

Micronutrients

Strawberries: Vitamin C, Potassium, Folate, Calcium,

Magnesium.

Honey: B vitamins, Calcium, Copper, Iron, Zinc,

Ingredients

- 2 cups Strawberries
- 1 tbl Mustard
- 2 tbl Honey
- 1 tbl Lemon juice
- ¼ cup Red wine vinegar
- ½ cup Olive oil

Instructions (yields 16 Oz)

- Combine vinegar, lemon juice, mustard, honey and blueberries in a blender,
- 2. Blend until smooth
- 3. Slowly stream in olive oil
- Adjust seasoning, keep chilled for service







