

Herb Garden Dressing

Versatile and full of flavour, a good place to begin, if cooking from scratch using local organic ingredients is new for you.

Preparation Time: 10 min.

Makes 1 cup

Ingredients:

1tsp each of fresh organic Thyme

Dill

Parsley

Oregano

1tsp Dijon Mustard

¼ tsp organic garlic or garlic scape, finely minced

2Tbsp water

¼ c organic apple cider vinegar

1 Tbsp maple syrup, honey or organic raw sugar (or to taste)

½ c light tasting oil like local organic sunflower

(Hint, the oil can be reduced by adding a couple of slices of peach or 2Tbsp of plain yoghurt. Decrease the oil by the equivalent amount)

Blend together the all of the ingredients except the oil until they form a smooth mixture. Add the oil while continuing to blend.

Keeps well in the fridge for 6-8 weeks so make a big batch and use it to dress pasta salads or potato salad. If you add yoghurt use the dressing within 1 week

Small batches can be done in a deep measuring cup with an immersion blender. Large batches are best in a food processor with the blade attachment.

Note-Herbs and garlic can be chopped ahead of time.

If using dry herbs cut the amount in half.

Supplies:

Measuring spoons

Wire whisk

1-cup liquid measure

Immersion blender or food processor

2 cup measure if using immersion blender and for serving