

Herbal Legacy Recipes

Zesty Citrus Vinaigrette

Contributed by Traci and Kal Sellers

Citrus Juice in salad dressing is so delightful and being so tart makes it not a food combining issue. This tangy and sweet dressing makes everything it touches a celebration.

2 T apple cider or red wine vinegar
2 T fresh squeezed grapefruit juice
2 T honey
2 t grapefruit zest
2 t Dijon mustard
½ t sea salt
½ c Bertolli's Light Olive Oil
½ t fresh ground black pepper (or to taste)



1. Whisk together all ingredients until well mixed and honey is incorporated.

2. OR-Whip together all ingredients in the blender to emulsify. (This is better for serving, and easier for mixing)

Variation: For a spark of added color, add 1 T very finely minced red pepper after mixing.

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