

Everything Vinaigrette

This vinaigrette works with any salad or vegetable dish, which is good news because you'll honestly want to put it on everything! It also great drizzled over steak or chicken. Store-bought dressings are full of inflammatory oils, preservatives, hidden sugar, and gluten. But this one is rich in healthy omega-3 and monounsaturated fats and is incredibly flavorful thanks to the unique addition of toasted walnuts.

1. In a small pan, toast the walnuts for 4 minutes over medium heat until golden and fragrant. Remove from the heat and set aside to cool.
2. Combine the toasted walnuts, olive oil, sesame oil, vinegar, mustard, garlic, salt, and pepper in a food processor. Puree until creamy but not completely smooth; I like to keep a little texture from the walnuts. Store in a glass jar in the fridge for up to 1 week.



Makes: 1 cup

Prep Time: 10 minutes

1/2 cup raw walnuts

3/4 cup extra virgin olive oil

1 teaspoon toasted sesame oil

1/4 cup balsamic vinegar

1 tablespoon Dijon mustard

1 clove garlic, peeled

1/2 teaspoon sea salt

1/4 teaspoon freshly ground

black pepper