



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.

FRENCH DRESSING

INGREDIENTS

- 105 g Dijon mustard
- 30 g sugar
- 120 g white wine vinegar
- 5 g tarragon
- 1 g black pepper
- 35 g shallots, chopped
- 35 g garlic, chopped
- 150 g olive oil
- 150 g grapeseed oil
- Kosher salt (optional)

METHOD

- 1** Puree the mustard, sugar, vinegar, tarragon and pepper in a processor.
- 2** Sweat the shallots and garlic and add to the puree. Emulsify the oils into the puree.
- 3** Taste the dressing before adding any salt. Add a little at a time, tasting after adding more.

* Serving Size 30g (2 tbsp)

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NUTRITION FACTS: Calories 140 Total Fat 14g Sodium 120mg Fiber 0g Protein 0g