



Basic Vinaigrette Dressing

Source: *Julia Child* | **Yield:** 6-8 servings (about 1.5 tablespoons); 130 Calories per serving.
Total fat 14g; Protein 0g; Total carbohydrate 0g; Dietary fiber 0g, Sodium 116mg

INGREDIENTS:

- ½ tablespoon finely minced shallot or green onion
- ½ tablespoon Dijon-type mustard
- ¼ teaspoon salt
- ½ tablespoons freshly squeezed lemon juice
- ½ tablespoon wine vinegar
- ⅓ to ½ cup extra virgin olive oil, or other fine, fresh oil
- Freshly ground pepper

DIRECTIONS:

1. Either shake all ingredients together in a screw-topped jar, or mix them individually as follows.
2. Stir the shallots or scallions together with the mustard and salt.
3. Whisk in the lemon juice and vinegar. When well blended, start whisking in the oil by droplets to form a smooth emulsion.
4. Beat in freshly ground pepper.
5. Taste (dip a piece of the salad greens into the sauce) and correct seasoning with salt, pepper and/or drops of lemon juice.